THE SATURDAY EVENING POST

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Deborah Norville: TODAY's Rising Star

Jazz Legend Lionel Hampton

Dr. James Anderson on Choosing High-Fiber Foods

Spring Lamb Recipes

James Michener Profile

Our Declining Central Government

Art Buchwald

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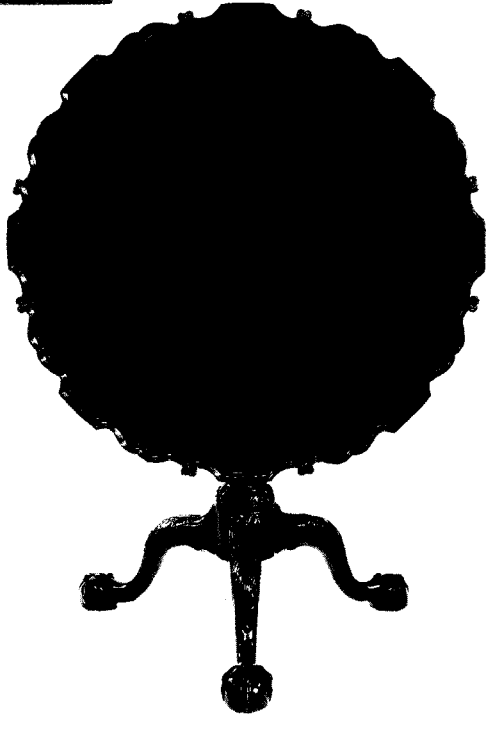

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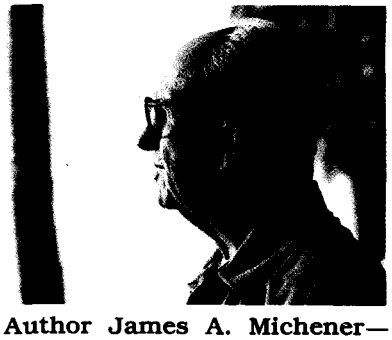
Deborah Norville's Rapid Rise on TODAY—comes as no surprise to those who knew her when. **44**

Vibe-rant Lionel Hampton—At age 81, the famous jazz innovator doesn't miss a beat. **48**



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THE SATURDAY EVENING POST

Founded A.D. 1728

Published by THE SATURDAY EVENING POST SOCIETY
a division of THE BENJAMIN FRANKLIN LITERARY & MEDICAL SOCIETY

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(Cover photo by Al Levine/NBC)

The Saturday Evening Post (ISSN: 0048-9239) is published monthly in 1990, except bimonthly in Jan./Feb., July/Aug., and Nov./Dec., by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Blvd., P.O. Box 567, Indianapolis, IN 46202. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices.

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Membership Subscription Prices: U.S. and possessions: 1 year, $12.97. Canada and all other countries: $18.47. *The Saturday Evening Post* editorial, circulation, and business offices are located at 1100 Waterway Blvd., Indianapolis, IN 46202. **Postmaster: Send address changes to *The Saturday Evening Post* Subscription Offices, P.O. Box 7132, Red Oak, IA 51556.** Allow six weeks for change of address.

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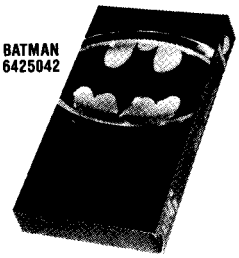

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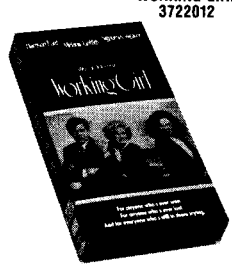

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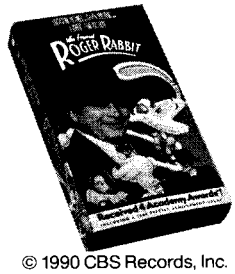

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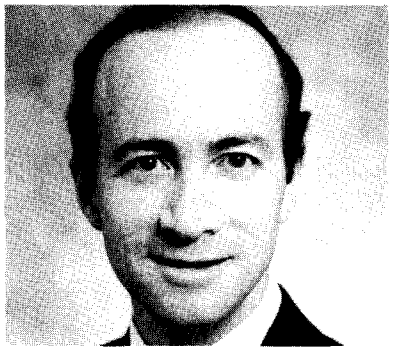
Art Buchwald Explains—why preparing for a visit by the plumber can be a wrenching experience. **12**

Heart Beat—Mouth-watering main dishes help you lower cholesterol and get your daily fiber requirement. **26**



Central Government Is Losing Its Grip—A distinguished political science analyst tells why. **38**

A Boy Sets Out to Join Jesse James—but finds a different kind of hero in MacKinlay Kantor's "The Purple Moccasin." **60**

Letters

Going with the Grain

I was interested to read the article on psyllium and also the table on non-infectious diseases in Africa in the Nov./Dec. '89 edition.

I worked in Ethiopia during the '70s on waterborne parasitic diseases. We approached the diseases as a component of the human/natural-system ecological interface. This involved close interaction with the rural population in the study area, where I became quite familiar with the native food. Of course, the absence of the degenerative diseases was striking.

The people there used a grain called teff as their staple. Upon my return to the U.S. I developed production techniques for teff and began to market it to the Ethiopians now living here.

The grain has a number of unique properties. It is the smallest grain, with more than 3,000 grains per gram. It is fivefold richer in calcium, iron, and potassium than any other grain. It has soluble digestible proteins such as albumin and large amounts of soluble fiber (quantitative testing under way).

I have set up national distribution to the American market for teff. However, we are too small to support large advertising outlays at this time. Teff will be featured in an upcoming session of "The Frugal Gourmet."

I am sure your readers would enjoy reading the history of this "new" ancient grain and learning of its amazing nutritional qualities. I would be happy to tell you more about teff. Please feel free to contact me.

Wayne J. Carlson
Caldwell, Idaho

No Sweets for the Sweet

I am in need of recipes—especially sweets that are free of milk, corn, peanut, egg, and wheat products. I prefer those with easy-to-find ingredients. I've found several calling for arrowroot or amaranth flour, but neither of these are available in our area.

My 2½-year-old son drinks soy milk and manages well with millet bread and a few cookie recipes I have, but I'd like to give him a variety, especially on holidays.

Mrs. Ron Wright
Humboldt, Tennessee

Editor's note: You can obtain amaranth by writing to John Simmons at

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Pillory to Post

Your magazine carries no cigarette advertisement as such, and the July/August issue *Post* editorial spoke strongly against leading our children into addiction of this drug.

Now then, why do you advertise cigarettes in your fiction? "Coffee and a cigarette" from "Street of Bugles."

This from the mother of an "addicted" son.

Grace Hodge
Moccasin, Montana

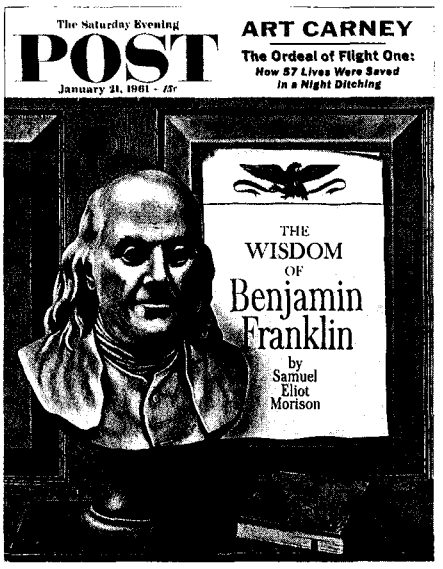
Editor's note: Thank you for your watchful eye. Every editor on our staff stands corrected for letting that one slip through. Henceforth, fiction appearing in the Post *will be purged of references to this addictive substance.*

A 10 to Ben

Enclosed is a letter written by my ten-year-old son to one of his favorite people, Benjamin Franklin. Enjoy reading it, and if you think the readers of your magazine would enjoy it also, please feel free to use it in the *Post*:

Dear Benjamin Franklin,

I envy you for everything you did. Ever since you invented bifocal glasses many people have been able to see better. The Franklin stove also assisted people. Keeping them warm and helping them cook were only two uses of



the Franklin stove. Many people feel and know they are safer with a lightning rod perched on top of their roof. You also helped America win its freedom and independence by persuading the king of France to help America in the Revolutionary War. Helping to write the Constitution for six weeks in 1787 again showed your devotion to the United States.

If I had a chance to go back to your time and spend a day with you I am sure I would have a great time and learn a lot. You could teach me all about science, including electricity and aerodynamics. I could learn more about the 1700s, the Constitution, and the birth of our country. Seeing your lab where you made the lightning rod would be interesting. Flying a kite with you would be an exciting experience. Maybe you could give me a copy of *Poor Richard's Almanac.*

Instead of me traveling back in time to see you, what if you traveled forward to my time to see me? You sure would be surprised at our technology and how some of your inventions are still used today. The bifocal glasses that you invented are still used. *The Saturday Evening Post* is still published monthly. Your Franklin stove helped us to make better fireplaces. Now, we have things called computers which can do arithmetic and writing at very high speeds.

Even though I may never see you and talk to you it is fun to imagine that I knew you personally. I hope I can learn more about you and your deeds in my lifetime. My dream is to be a scientist just like you when I grow up.

Your friend, Brian Tate
Irvine, California

Editor's note: We're sending you "The Wisdom of Benjamin Franklin," from the January 21, 1961, Post.

Bypass Veteran Has a Question

I enjoyed the article about Mr. Carroll O'Connor and his heart surgery. One thing I do not understand:

It states that they took his heart out—placed it on a table and repaired six clogged arteries. You do not take the heart out of your body to do bypass surgery. Sure would be a long bypass if you did.

I'm surprised that you would print that. It could scare some people that are going to have bypass surgery. Suggest you advise Mr. O'Connor of the same. Oh! By the way, I have had bypass surgeries in 1971, 1979, 1980, and 1985. Had three bypasses each time. Tell Emory University Hospital that if they cut the heart out and put it on the table, must be some new way. No heart surgeons in Memphis do it that way.

K. G. Robbins
Memphis, Tennessee

Editor's note: You're right. Carroll O'Connor was using literary license in his quote.

Out of the Mouths of Babes

I have been a longtime reader of the *Post*, since childhood, and I've always enjoyed the informative journalism of the publication.

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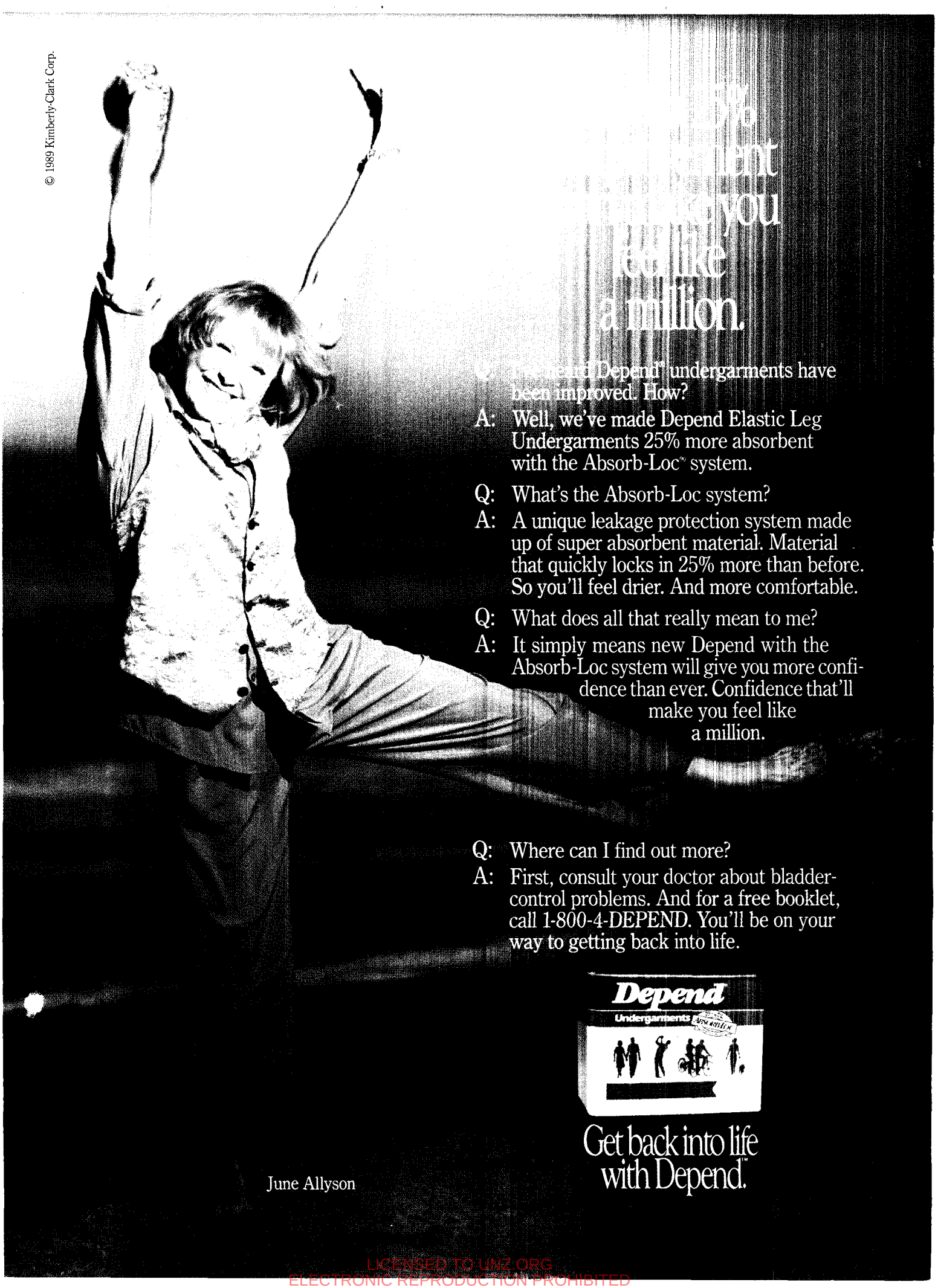

...and Depend undergarments have been improved. How?

A: Well, we've made Depend Elastic Leg Undergarments 25% more absorbent with the Absorb-Loc® system.

Q: What's the Absorb-Loc system?

A: A unique leakage protection system made up of super absorbent material. Material that quickly locks in 25% more than before. So you'll feel drier. And more comfortable.

Q: What does all that really mean to me?

A: It simply means new Depend with the Absorb-Loc system will give you more confidence than ever. Confidence that'll make you feel like a million.

Q: Where can I find out more?

A: First, consult your doctor about bladder-control problems. And for a free booklet, call 1-800-4-DEPEND. You'll be on your way to getting back into life.

Get back into life with Depend.™

June Allyson

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But I am writing to you because of an answer you gave to a child who was concerned about his father's smoking habit [September '89 issue].

Your suggestion to the child to "save your allowance to pay for a package of Nicorette," a nicotine-containing chewing gum, was outrageous.

Perhaps you aren't aware of the expense of Nicorette, or that the product can only be made available through a prescription?

The average cost of Nicorette here in New Jersey is $30.

By the time a child saves enough money to pay for it, his father may well have developed lung cancer!

As with *any* addiction, the solution to the habit can only begin with the user's admission that he has a problem.

Now, how about some advice to children of parents who are addicted to this nation's most highly abused drug: alcohol.

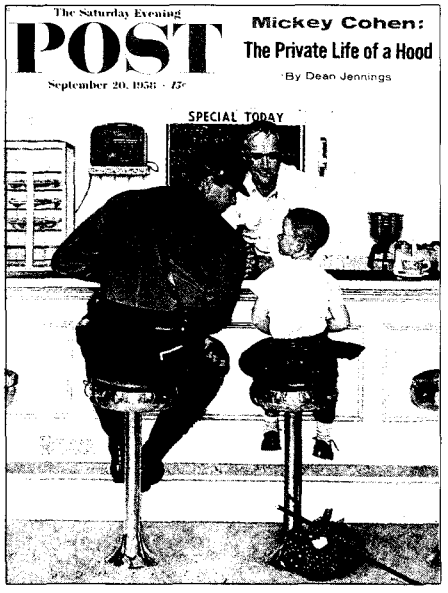
Joyce Bailey
National Park, New Jersey

Editor's note: It's unfortunate that Nicorette requires a prescription and cigarettes do not. We urge our readers to write to the Food and Drug Administration in Washington urging them to permit the sale of Nicorette over-the-counter. More people would then use the product and mass production could bring the price down.

However, weighed against the seriousness of nicotine addiction, it may be worth the price at $30.

Canvas Available

I have something to ask you that may be out of the ordinary. However, I have been attempting to locate a picture that was printed in your magazine many years ago, by, I believe, Norman Rockwell. It is a picture of a police officer sitting on a chair, talking to a little boy. The picture is looking at



them from behind, and I would like to obtain one for display with other law enforcement pictures and objects that have been collected through the years.

If you can assist me in getting a copy of this picture, I would very much appreciate it.

I thank you in advance.

Billy J. McIlvain
Police Officer, Retired
Soledad, California

Editor's note: The picture you're referring to is Rockwell's Runaway, *which is available on canvas for $7.20 from Armchair Shopper, Box 567, Indianapolis, IN 46202.*

Letter Opener

As a longtime subscriber to *The Saturday Evening Post*, I find that your answers to letters to you in the "Medical Mailbox" are most informative and they are most helpful. This is the first thing I turn to to read when I open the magazine.

In the Jan./Feb. '89 issue you wrote in answer to Jacqueline Tygart about colitis, and you mentioned the Colitis Club. I am interested in information regarding this, as I have been a sufferer with colitis for most of my life and the problem has become more severe. I should also appreciate receiving your wheat-free recipes mentioned in that reply.

Thank you for the help you have given to so many through the "Medical Mailbox."

Winnie Sherman
Jamesburg, New Jersey

Editor's note: Thank you for your letter. We are sending you our Colitis Club information as well as our wheat-free recipes.

We encourage you to be your own detective. Then explain your discoveries to your doctor; he might be able to help shed light on your problem by running laboratory tests. Specialists who study metabolic disease at research centers are often very interested in knowing about inherited colitis disorders and food intolerances.

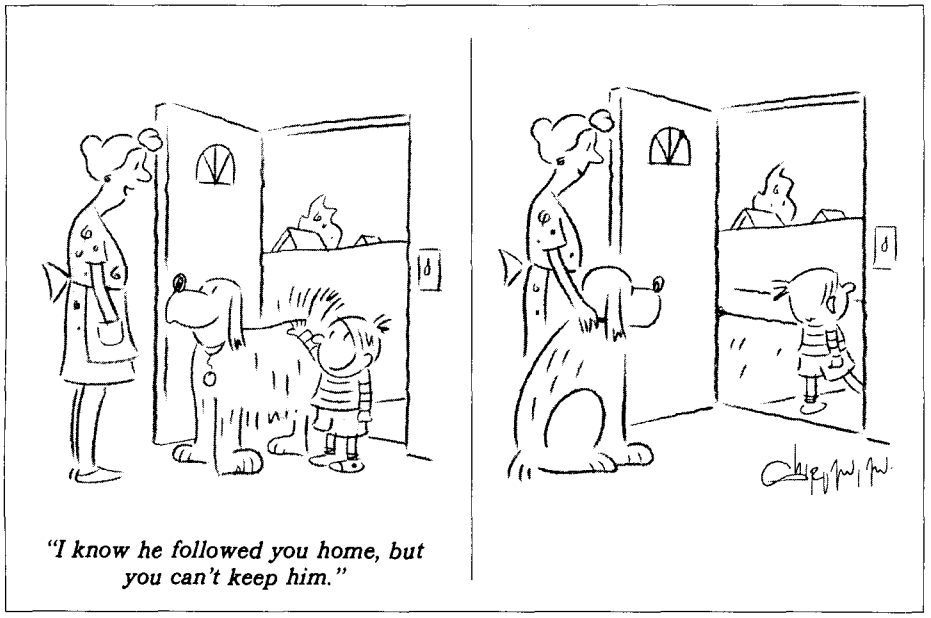
Lip Service

Some years ago, at your suggestion, I started using L-lysine tablets for lip sores and fever blisters. I found this to be most effective, and want to thank you for your help in putting me in touch with the information.

Now I am on a restricted-salt diet. I found in a drawer here a small (two-ounce) plastic bottle of crystalline L-sine. I have been using this on my oatmeal in the morning, and find it to be a palatable salt substitute. It is put out by the Benjamin Franklin Literary and Medical Society. Can you tell me where I can order some more of this? Also, the price, if available.

Annie Hancock
Appomattox, Virginia

Editor's note: That's good news about lysine as a salt substitute on oatmeal.



"I know he followed you home, but you can't keep him."

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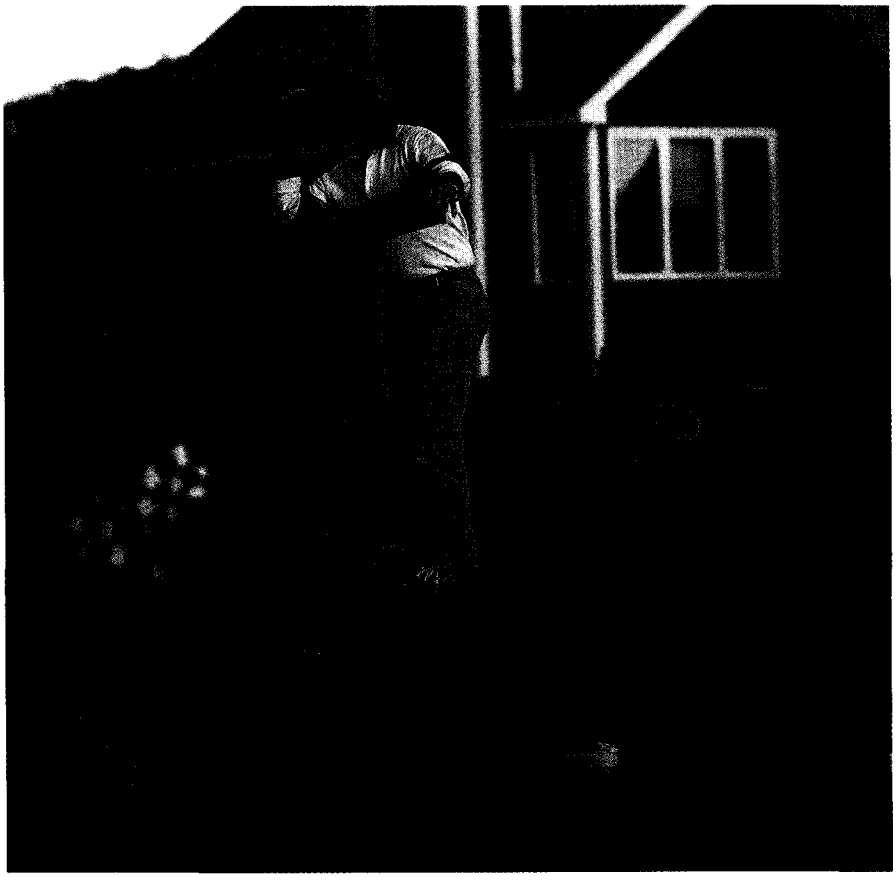
Bob Johnson is living proof that NordicTrack can do wonders for a man's stamina.

(Not to mention his blocking and passing.)



Bob Johnson is surprised at how much energy he has. Even as a "grandfather."

He can't resist jumping right in when his grandchildren start a football game in the backyard.

The key to his energy is really quite simple. Sensible meals three times a day. And NordicTrack three times a week.

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NordicTrack conveniently brings the benefits of cross-country skiing, the world's best aerobic exercise, in-home.

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NordicTrack will make you feel more relaxed, more creative and more confident.

And it will improve your cardiovascular fitness — the key to maintaining the stamina and energy you need to do the things you love.

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We hadn't heard of high-lysine oats. The crystalline lysine is available through this Society. Order information is being sent.

Squirrely Situation

Your November/December [1989] issue of the *Post* had a humorous cartoon [page 36] of two squirrels scheming over a challenging bird feeder.

The bit of humor "struck home" with my wife and myself. Each winter we are intrigued by the inventiveness of these industrious creatures. They cleverly overcome any and all attempts we make to set up bird feeders in locations impervious to them.

Enclosed is a photograph that gives visual evidence of a squirrel's skill and acrobatic ability. We did not believe this was possible.

Perhaps you will find our experience and this photograph an appropriate "sequel" to your cartoon.

I was a *Post* and *Ladies' Home Journal* sales boy (door-to-door) back in the late '20s and early '30s. It has been gratifying to have such a fine magazine reinstated in our home.

Hugh Patterson
Littleton, Colorado

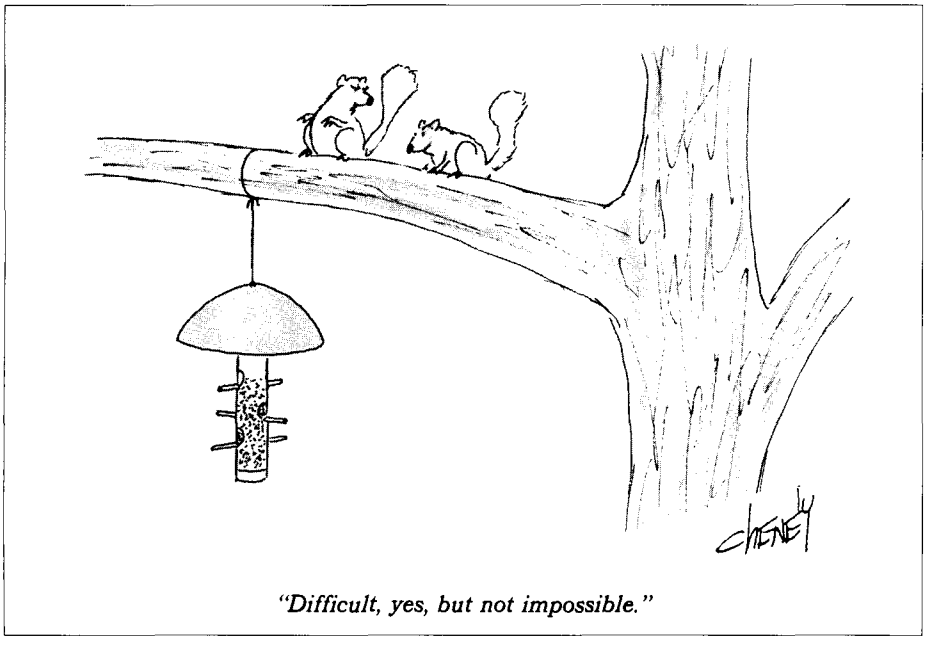
Sour Note

In the opening statement of your "Heart Beat" article [Oct. '89], all and sundry are advised to eat—among other things—yams. But how many of us can afford to go to the South Sea Islands in order to do so?

Let us hope that the good doctor knows more of medicine than of horticulture. The yam (*Dioscorea*) is not even in the same plant family as is the sweet potato (*Ipomoea Batatas*)—morning glory plant family.

It is obvious that the article should have made reference to "sweet potato" rather than to "yams."

S. L. Denni
Yuma, Arizona



"Difficult, yes, but not impossible."

Banding Together

The letter from Joyce Lapley, Toledo, Ohio, in your October issue, encouraged me to write the *Post*. I strongly feel as she does about Mary Roberts Rinehart's stories. I have 20 of them in paperback—pages yellow with age and many held together with rubber bands. I also have as many stories by Leslie Ford. Years ago I started reading their wonderful stories in the *Post*. Like Joyce Tapley, I wish more would appear in *The Saturday Evening Post* in the future.

Aileen Ekman
La Jolla, California

More Than Termites

Letter to M. G. Stoddard regarding termites in Nov./Dec. '89 issue:

Our termite problem surfaced when one of four 50-foot pine trees toppled onto the house, beaver-like. The termites had gnawed away just below the ground surface. The other pines were cut down.

Next, the exterior door on a solid brick guesthouse seemed to be rotting away too rapidly. It was torn down, and a zoo of creatures was found at the bottom: termites, spiders, centipedes, grubs, earthworms, and toads.

The termite inspector pointed out that termites were boring through the mortar into the building and had devoured shelves under a sink. Also in jeopardy were the brick-and-mortar piers which supported the main house, supposedly safe because of the metal flanges topping each pier.

Once a month, rat and mouse poison is set out in the attic and under the house. It disappears rapidly—no clue to the mystery of what creatures are eating has come forth. Could be cockroaches, mice, lizards, or coons.

Whose house is this? The varmits? The mortgage company and insurance company claim it's theirs.

R. T. Bennett
Lafayette, Louisiana

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A Tribute to *The King*

- **Limited edition plate**
- **3mm border of 23K gold**
- **Actual size: 10¼″**

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"Loving You" is an heirloom-quality work of art, created by an artist known for her celebrity portraits, and presented on a generous 10¼″ "canvas" of shimmering porcelain.

As an owner of this masterful tribute, you will have the right—*not the obligation*—to acquire each of the remaining issues in the collection, as presented to you. The guaranteed price of just $37.50 each is payable in two convenient monthly installments. Brought to you by The Hamilton Collection, in association with R.J. Ernst Enterprises, Inc., each issue will be enriched by a generous 3mm border of 23K gold and hand-numbered on its reverse. A Certificate of Authenticity will attest to its limited edition status.

"Loving You"

Of special importance, you may acquire "Loving You" with *absolutely no risk.* The Hamilton Collection *100% Buy-Back Guarantee* assures that you may return any plate for a full refund, within 30 days of receipt.

The edition for "Loving You" is limited to a total of 90 firing days—and demand is sure to be strong because of Elvis' enduring appeal, and because many of Susie Morton's previous limited editions have appreciated in value. Applications will be processed in order of receipt, so send yours today!

Respond by: **April 30, 1990**

Limit: Two plates per collector

Accept my application for ____ (1 or 2) "Loving You" at $37.50 (plus $2.48 shipping and handling) each, payable in 2 installments. I enclose my first of $ ____ ($19.99* for 1 or $39.98* for 2). Check one:

☐ Check or money order enclosed.
☐ Charge my: ☐ Visa ☐ MasterCard ☐ American Express

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Signature _____

*FL residents add $1.13; CA residents add $1.17; IL residents add $1.32 per plate payment for tax. *All applications must be signed and are subject to acceptance. Allow 6-8 weeks from receipt of your application for shipment.*

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THE ELECTRICIAN COMETH

by Art Buchwald

I was playing tennis when the phone call came from my wife. She sounded excited as she said, "The electrician is coming in an hour."

"He's been saying that for a month. Why should we believe him now?"

"Because he initiated the call. I just know he'll be here. It's just a feeling I have," she said.

When I arrived at the house, my wife was dusting the furniture and rearranging the flowers. "You had better shower," she told me, "and wear a shirt and tie. I don't want him to think we can't afford his services."

"But he's only an electrician," I protested against her.

"He's more than that. He is the key to our entire fuse-box problem. Something has been blowing every electrical appliance in this house, and I'm not going to take it anymore."

I showered and put on my best dress shirt and Italian silk tie, plus the blue blazer I save for British royalty and American workmen.

My wife was chilling a bottle of wine. "I hope he likes Pouilly-Fuissé."

"He wouldn't be in the wall socket business if he didn't," I reassured her. "I still don't know why we couldn't get another electrician when he didn't show up last month."

"It's impossible to find one because they're a dying breed. Most electricians won't even allow you to leave a message on their telephone answering machines." She powdered her nose, sighed, and said, "I hope he likes us."

"What difference does it make if he likes us or not?" I asked.

"If he doesn't like us, he'll walk out the door and put a curse on our fuse box. Now, as soon as he arrives, take him into the living room and make him comfortable. I've put pictures of the children out on the tables. I want him to realize how important family is to us in case he's a Republican. Above all, don't discuss politics. I don't want to lose an electrician over the prayer-in-school issue."

"What do you discuss with an electrician?" I wanted to know.

"Benjamin Franklin. After all, he was the father of electricity. Then there was Thomas Edison. Electricians think Edison was the cat's meow."

"I could talk to him about the stock market," I suggested. "I understand that anyone who is a licensed electrician automatically becomes one of the Fortune 500."

My wife said, "I'm a nervous wreck. It's been such a long time since I met a man with pliers."

"Be yourself," I told her. "An electrician puts on his pants one leg at a time, just like a plumber."

"I'd feel so much better if I had cleaned the cellar."

"You're worrying unnecessarily. After he knocks off the Pouilly-Fuissé, I wouldn't be surprised if he goes down the stairs, tears the fuse box off the wall, and finds the short in no time."

"I only hope you're right. I suppose we should consider it an honor that he would even stop at our house," she said. "Do you think we should call the Larrimores? They have been waiting for an electrician for four years."

"That would be rubbing it in. Besides, I'm not sure they'd know how to behave in front of a licensed electrician. It wouldn't surprise me if they fell to their knees and made d— fools of themselves."

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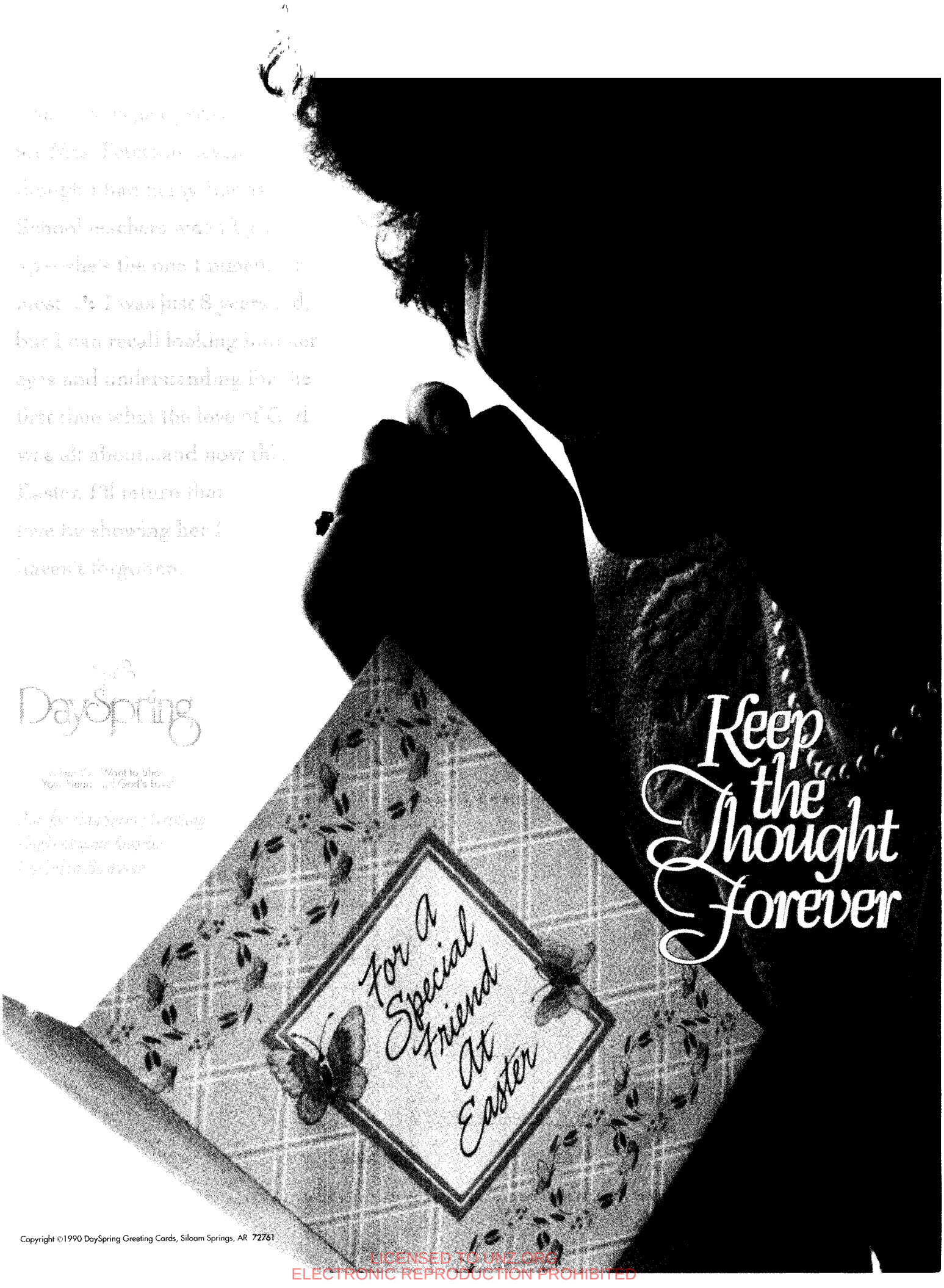

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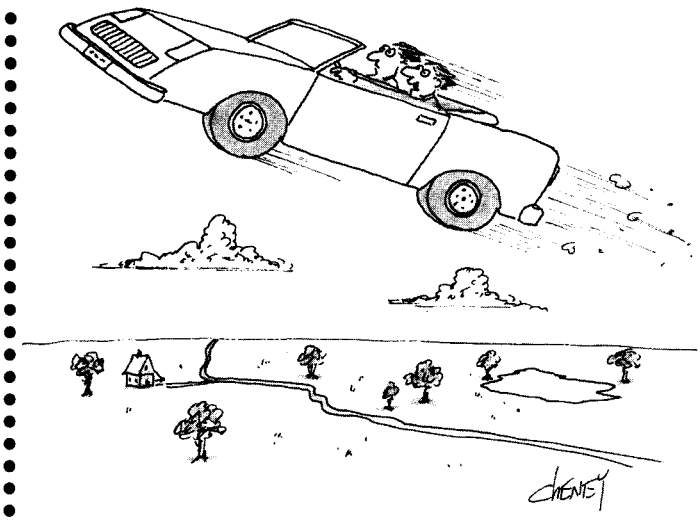
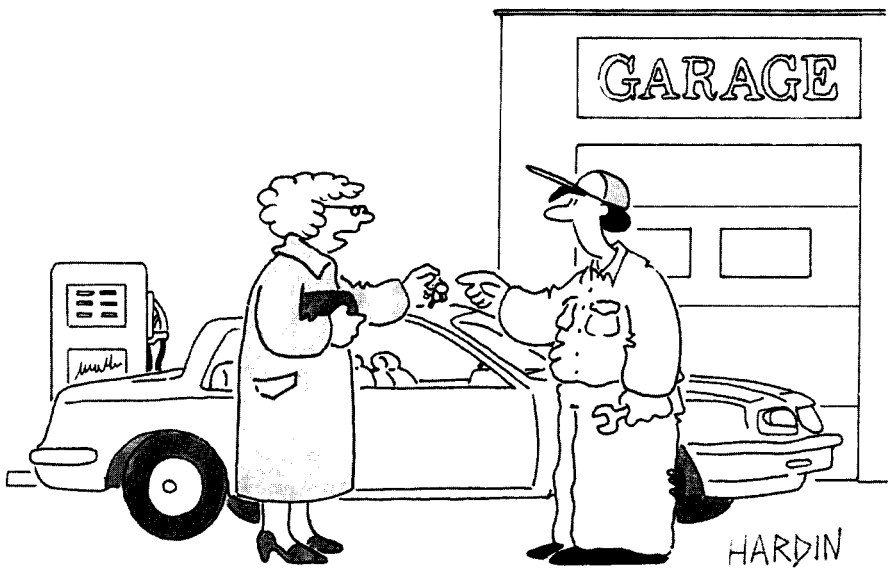
CARAZY

"Those Japanese have gone too far this time!"

"Your car computer says it's the battery, but my diagnostic computer says it's the voltage regulator."



"Now, watch what happens when I shift into second."



"Don't bother rotating the tires. They rotated on their own all the way here."

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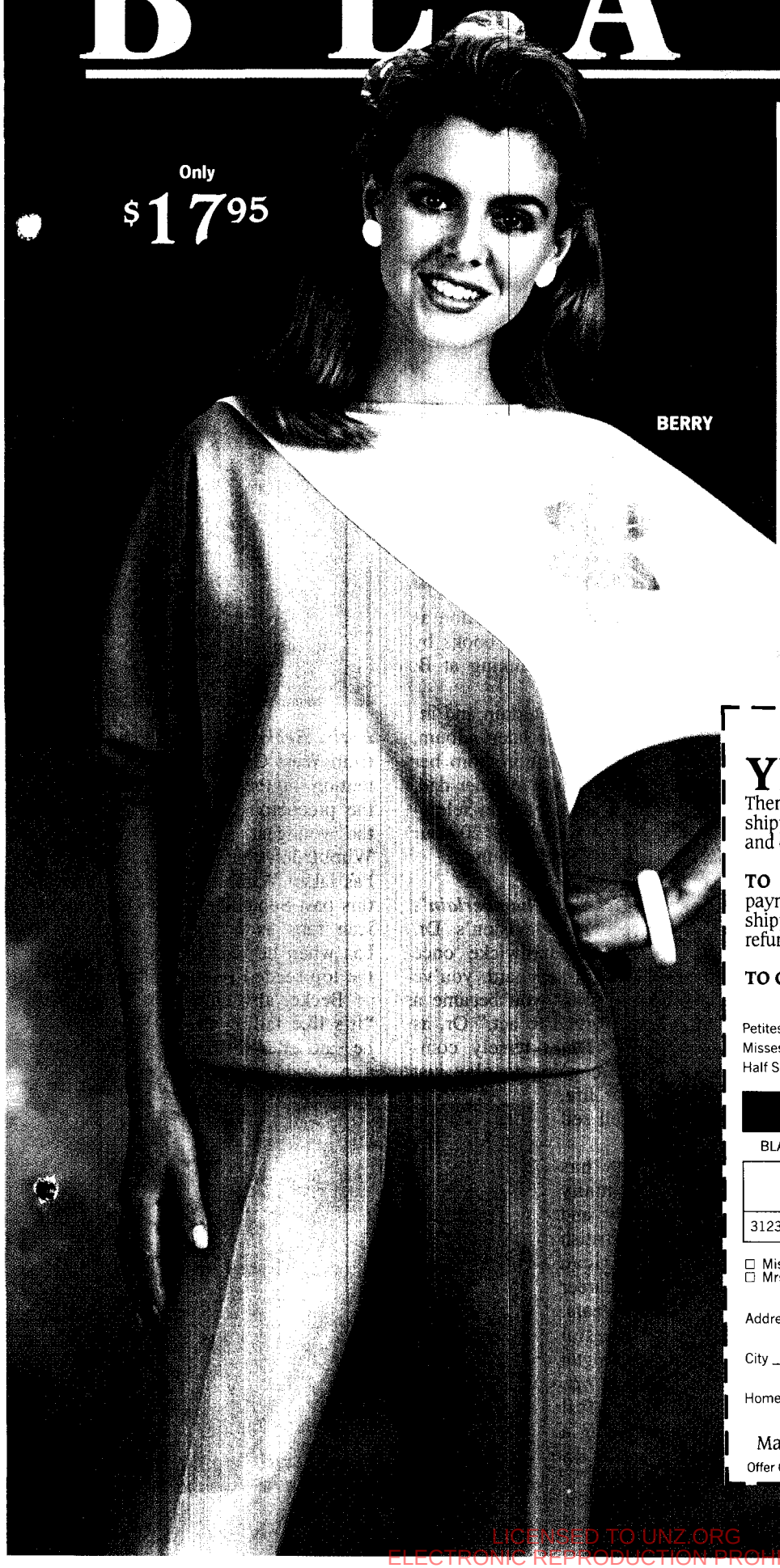

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Post People

Debby Boone, who lit up the music world in 1977 with "You Light Up My Life," is now lighting up the lives of children with her best-selling books *Bedtime Hugs for Little Ones* and *Tomorrow Is a Brand New Day.*

Among those children are her son, Jordan; daughter Tessa; and twin girls, Dustin and Gabrielle. Gabriel Ferrer, husband and father, used them, as well as Tex, the family's pet mouse, for the whimsical illustrations that had much to do with *Bedtime Hugs'* selection as one of the top 25 children's books by *Redbook* and its No. 2 ranking at B. Dalton bookstores.

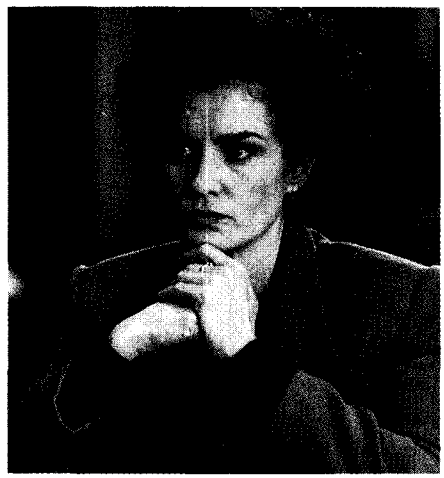
Debby continues to entertain and inspire the grownups. Her latest album, *Reflections*, is a compilation from her gospel recordings. Debby and her dad, Pat Boone, are teaming up on television March 3 and 4 for the 20-hour live National Easter Seal Telethon.

Referring to ***Richard Chamberlain***'s five-year success as television's Dr. Kildare, Sir Cedric Hardwicke once told the young actor, "Richard, you've done it all backwards—you became a star before you learned to act." Or, as the *Los Angeles Times* tersely commented, "If you're going to play just one part all your life, you might as well sell life insurance."

Chamberlain has now played many parts, in comedy and tragedy, on the British and the American stages, and his career has lasted 30 years. After such successful miniseries as *Shogun* and *The Thorn Birds*, he has come full circle, again playing a doctor in a new CBS drama, "Island Son."

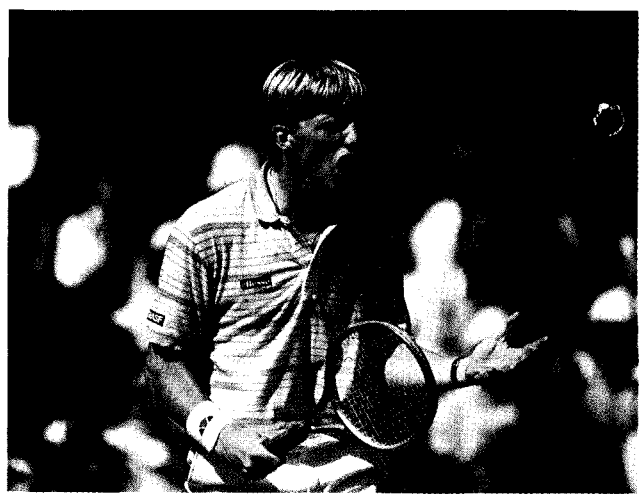
Filming the movie *Music Box* took ***Jessica Lange*** to locales from Chicago all the way to Budapest. She portrays a prominent attorney who must defend her father, a Hungarian immigrant. The woman must explain to her 11-year-old son the horrible war crimes his grandfather has been accused of.

Music Box's director, the famed Costa-Gavras, says that Lange (an Oscar winner as best supporting actress in *Tootsie* and a nominee for best actress in both *Sweet Dreams* and *Frances*) "brings the film a seductive vitality and realism."



Boris Becker, an unknown redhead from West Germany, first attracted attention in the tennis racket when, at the precocious age of 17, he became the youngest man ever to win the Wimbledon championship. Now 22, he has taken Wimbledon three times, and this past September he attracted American fans as no other foreign player has when he won the U.S. Open over the top-seeded Ivan Lendl.

Becker also empathizes with losers. "It's like falling from a great height," he said after losing the 1987 Wimbledon, "and landing on cement."



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TAKING STOCK OF SOUP

The choicest soups from around the world have found their way into the American melting pot.

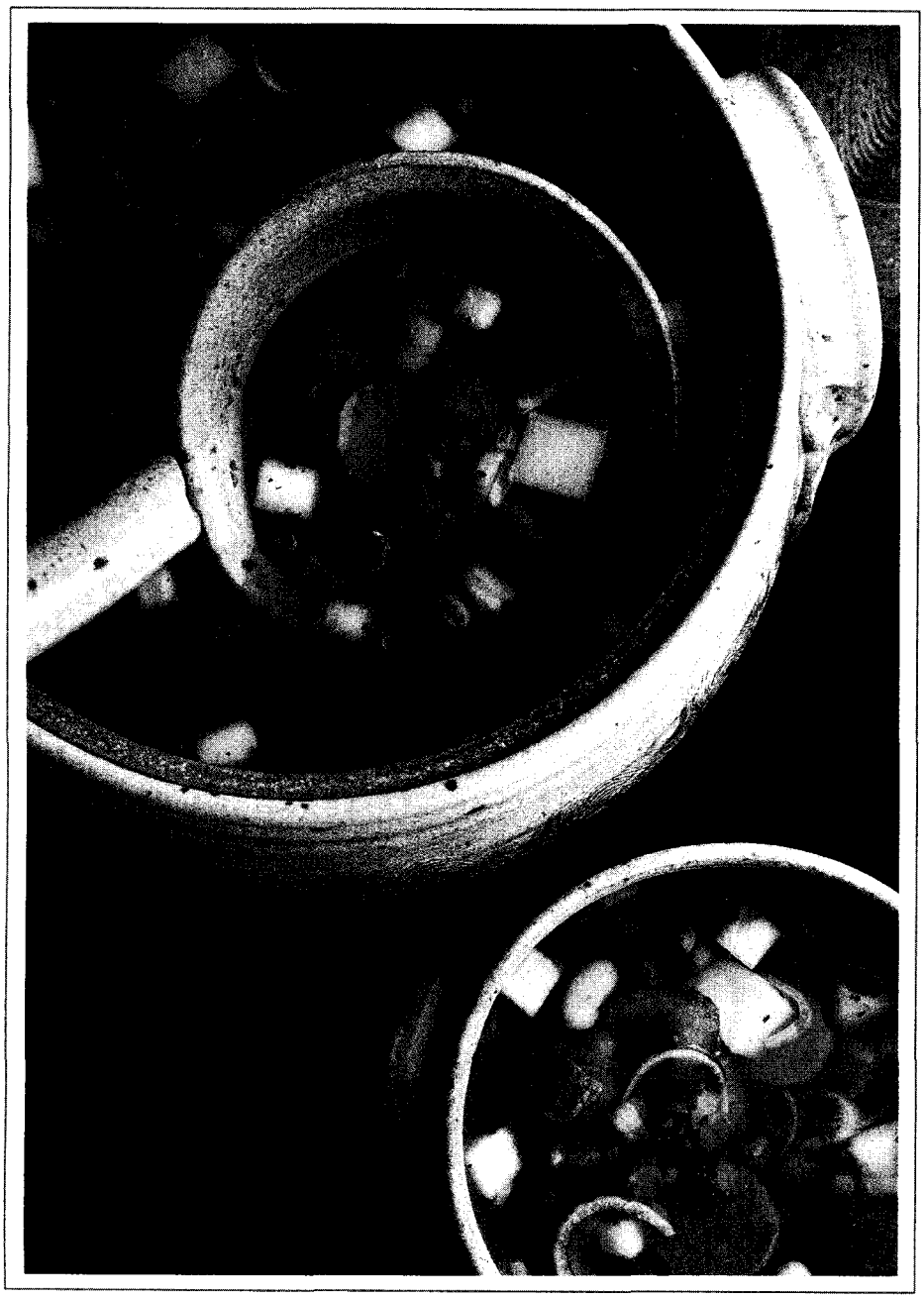
Soup has been a part of world cuisine almost as long as fire has been known to man. Even before ancient cooks learned to make fireproof pottery, they prepared soups in animal skins or seashells over an open fire. Because there were no spoons before the Middle Ages, the custom was to sip soup from a bowl, or to dip bread into it. This method of eating was known as *sop* or *sup*, and the word later became "soup."

The first soups made on this continent were created centuries ago by native Americans. They filled watertight wooden, leather, or wicker vessels with food chunks and liquid, then added white-hot stones to heat the soup. Or they made soup in gutted buffalo carcasses or stomachs, cooked over a low fire. Later, they learned to make pottery containers that could withstand the fire's heat.

Indian soups tended to be concoctions of available foods. It was the Indians who made the first soups of native American beans, corn, and pumpkins, combined with various game and seafood. When the colonists arrived with their large iron kettles, soup was already an important food for the Indians.

Besides superior cooking pots, the colonists added ingredients from their native lands to American soup: domesticated beef, chicken, a variety of garden vegetables, grains, and pasta. Often they would cook large pieces of meat and vegetables in a pot with liquid, then serve the liquid separately as a broth. Other times, the soup kettle was a catchall for a few bits of meat and vegetables that made a flavorful vegetable soup.

Through the centuries each group of immigrants brought its own foods and cooking methods to make the soup pot a symbol of the American spirit, the melting pot.



An updated version of traditional minestrone contains bran for added fiber.

Minestrone Soup

(Makes 9 servings)

3 tablespoons finely chopped onion
1/2 cup finely chopped leeks
1 garlic clove, finely chopped
2 tablespoons vegetable oil
1 1/2 cups chopped zucchini
1 1/2 cups chopped carrots
1 1/2 cups chopped potatoes
1/2 cup thinly sliced celery
1 can (28 oz.) whole tomatoes, chopped, liquid reserved
5 cups chicken broth
1 can (16 oz.) Great Northern beans
1/2 teaspoon salt, if desired
1/4 teaspoon black pepper
1/2 teaspoon basil leaves
1 bay leaf
2 sprigs parsley
1 package (10 oz.) frozen peas
1 cup Kellogg's Heartwise cereal
3 tablespoons grated Parmesan cheese
Snipped parsley

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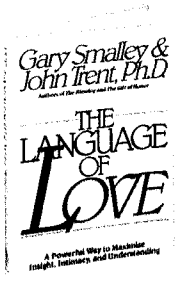

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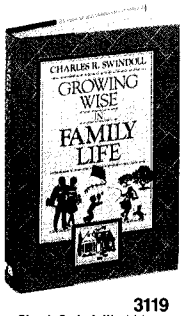

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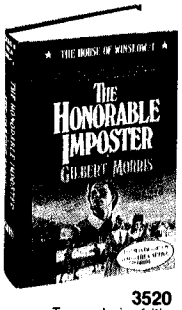

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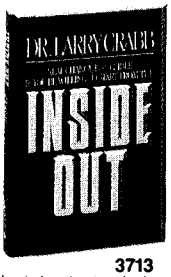

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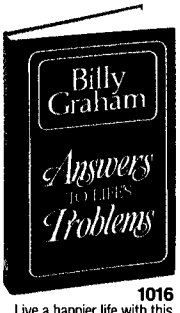

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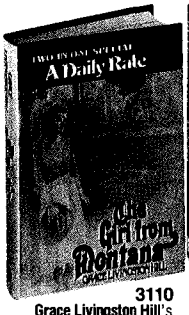

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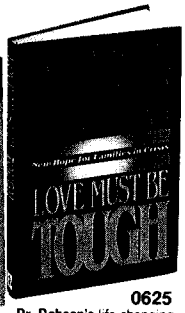

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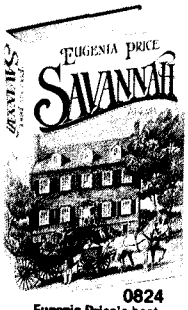

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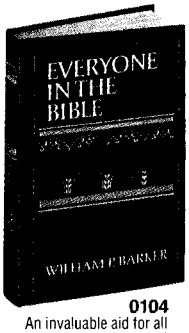

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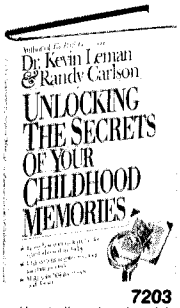

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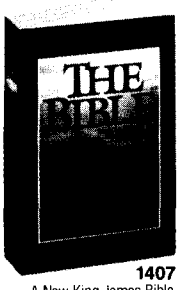

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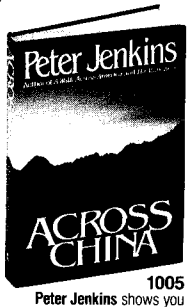

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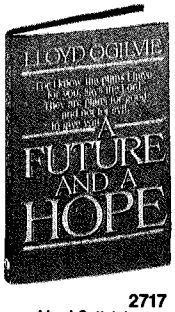

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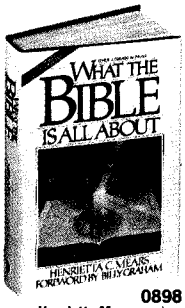

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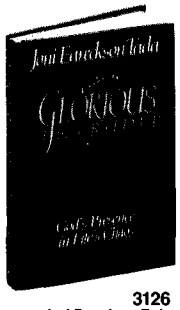

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In 8-quart saucepan, sauté onion, leeks, and garlic in oil. Add zucchini, carrots, potatoes, and celery. Cook 5 minutes; stir frequently. Add tomatoes, tomato liquid, chicken broth, beans, salt, pepper, basil, bay leaf, and parsley sprigs.

Cover and bring to boil. Simmer 20 minutes; stir occasionally. Add peas; simmer 10 minutes longer until vegetables are tender.

Remove bay leaf and parsley. Stir in Heartwise cereal. Serve hot, garnished with Parmesan cheese and parsley.

Vegetable-Beef Soup

(Makes 8 servings)

2 tablespoons canola oil
2 pounds extra-lean beef shank cross cuts, each cut about 1" thick
1 large onion, cut up
1/2 cup cut-up celery tops
1 sprig parsley
1 bay leaf
1 tablespoon salt, if desired
1/4 teaspoon pepper
8 cups water
1 can (16 oz.) tomatoes, cut up
2 stalks celery, sliced
2 medium carrots, diced
2 medium potatoes, diced
1 cup corn kernels, fresh or frozen
1 cup green beans, cut into 1/2" pieces, or baby lima beans
1/2 teaspoon crushed thyme leaves

In 6-quart Dutch oven over medium-high heat, in hot oil, cook beef until well-browned; turn occasionally. Add onion, celery tops, parsley, bay leaf, salt, pepper, and water. Heat to boiling. Reduce heat to low. Cover; simmer 2 hours or until meat is fork-tender.

Remove meat; cool until easy to handle. Cut meat from bones; discard bones. Cut meat into bite-size pieces and set aside. Strain broth through sieve and return to pot; discard vegetables. Skim off fat.

Add meat and remaining ingredients to broth. Heat to boiling. Reduce heat to low. Cover; simmer 30-40 minutes until vegetables are tender.

Turkey-Vegetable Soup

(Makes 6 servings)

1 tablespoon margarine
1 medium onion, chopped
1 medium carrot, sliced
1/2 cup sliced celery
1/4 teaspoon crushed thyme leaves
5 cups chicken or turkey broth
1 can (8 oz.) tomatoes, cut up
1/2 cup diced yellow squash
1/2 cup fresh or frozen peas
1 cup diced cooked turkey
1/4 cup raw regular rice

In 5-quart Dutch oven, over medium-high heat, in hot margarine, cook onion, carrot, celery, and thyme until just tender; stir occasionally.

Stir in broth, tomatoes, squash, peas, and turkey. Over high heat, heat to boiling. Reduce heat to low. Cover; simmer 20 minutes.

Add rice. Cover; simmer 20 minutes more or until rice is tender.

Turkey and beef form the basis for two nutritious vegetable soups that can be enjoyed year-round.

Turkey Oriental Soup

(Makes 10 servings)

2/3 cup uncooked rice
3 1/2 cups turkey or chicken broth
3 1/2 cups water
4 cups (1 lb. 4 oz.) coarsely chopped cooked turkey
1 cup diagonally sliced celery
2 medium carrots, cut in matchsticks
1 can (14 oz.) fancy mixed Chinese vegetables, drained and rinsed
1/2 cup sliced green onions, including tops
2 tablespoons low-sodium soy sauce
1 1/2 teaspoons cornstarch

Combine rice, broth, and water in 4-quart saucepan. Bring to boil; cook 10 minutes. Add turkey, celery, and carrots; simmer 5 minutes. Stir in mixed vegetables and onions. Blend soy sauce and cornstarch; add to broth. Simmer, stirring, until soup is clear and slightly thickened.

Brown Rice and Lentil Stew

(Makes 4 servings)

3/4 cup uncooked brown rice
1/2 cup dry lentils, rinsed
1/2 cup each *chopped onions, sliced celery, and sliced carrots*
1/4 cup snipped fresh parsley
1 teaspoon Italian seasoning
1 clove garlic, minced
1 bay leaf
2 1/2 cups chicken broth
1 can (14 1/2 oz.) peeled whole tomatoes, undrained, chopped
1 tablespoon cider vinegar

Combine all ingredients and 2 cups water in Dutch oven or large saucepan; bring to boil. Reduce heat and simmer, uncovered; stir occasionally, 55-60 minutes, or until rice is tender. Remove and discard bay leaf.

Creamed Crab and Spinach Soup

(Makes 6 servings)

6-8 ounces Alaska king crab, thawed if necessary
1 package (10 oz.) frozen chopped spinach
3 tablespoons margarine
1/2 cup chopped onion
2 tablespoons flour
1/8 teaspoon each *pepper and ground nutmeg*
2 cups each *chicken broth and low-fat skim milk*

Slice crab; reserve liquid. Cook spinach according to package directions; drain. Melt margarine in large saucepan. Add onion; sauté until tender. Blend in flour and spices. Gradually add chicken broth; stir constantly and heat to boiling. Purée spinach mixture in blender or food processor. Add milk, crab liquid, and crab. Heat thoroughly. Do not boil.

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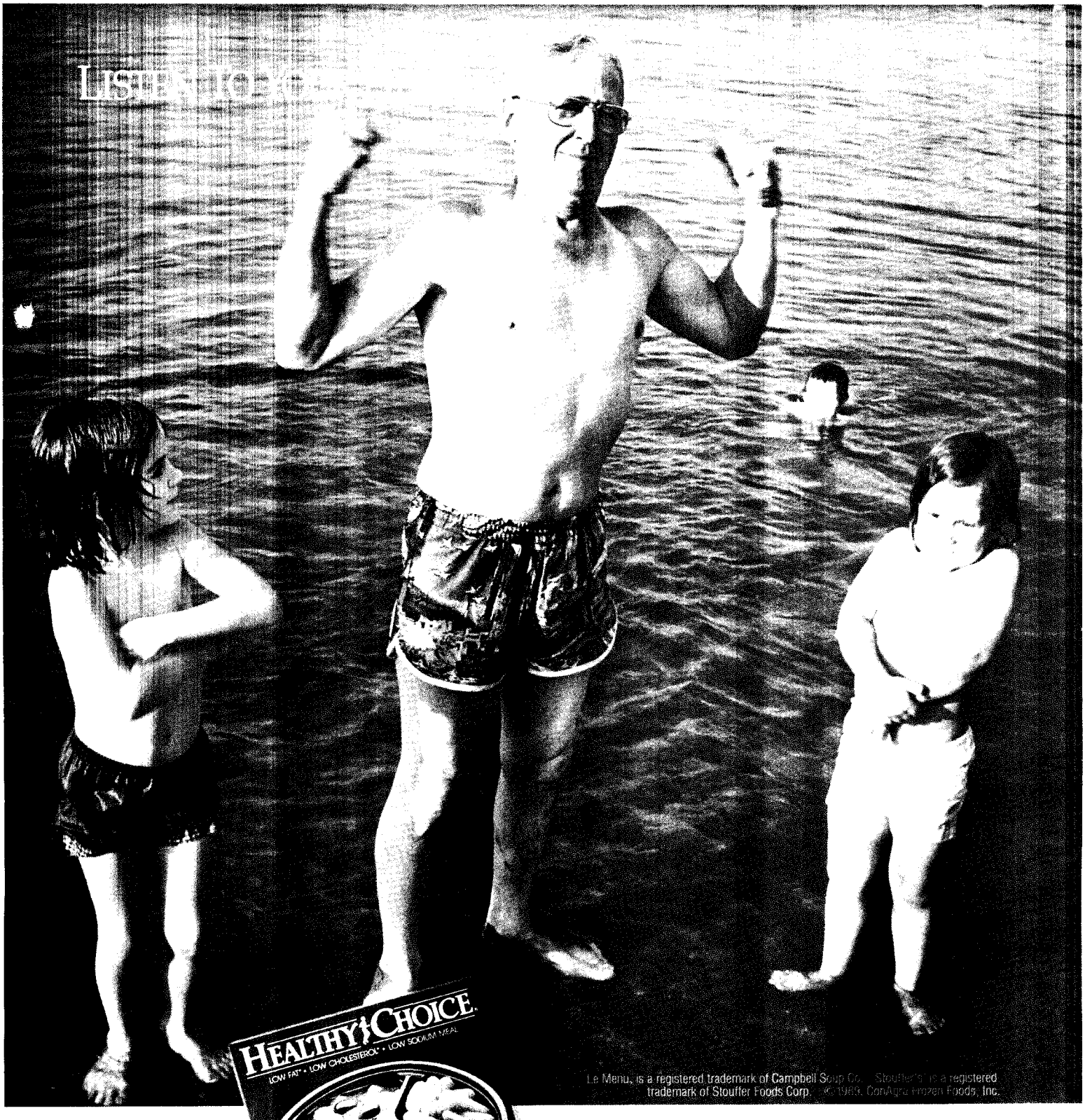

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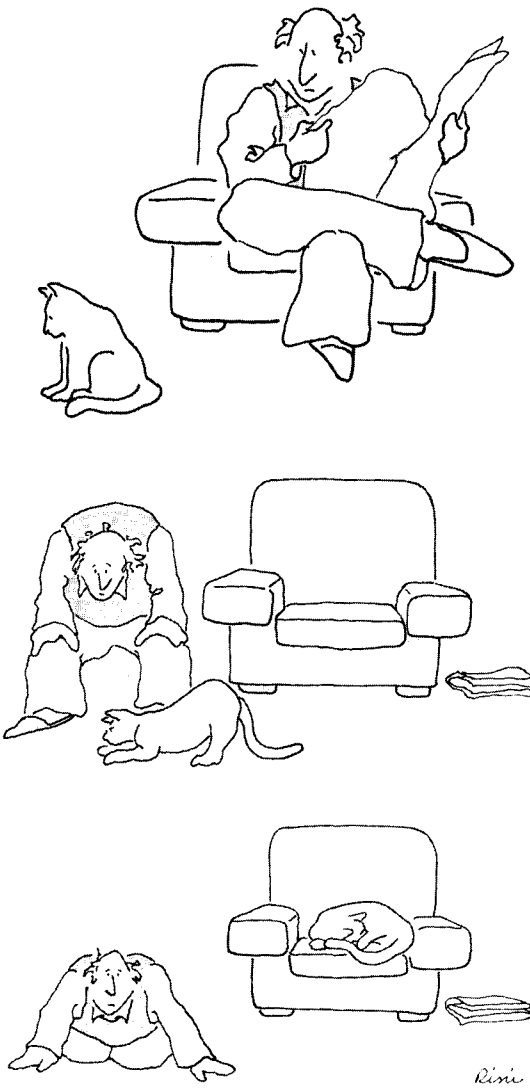

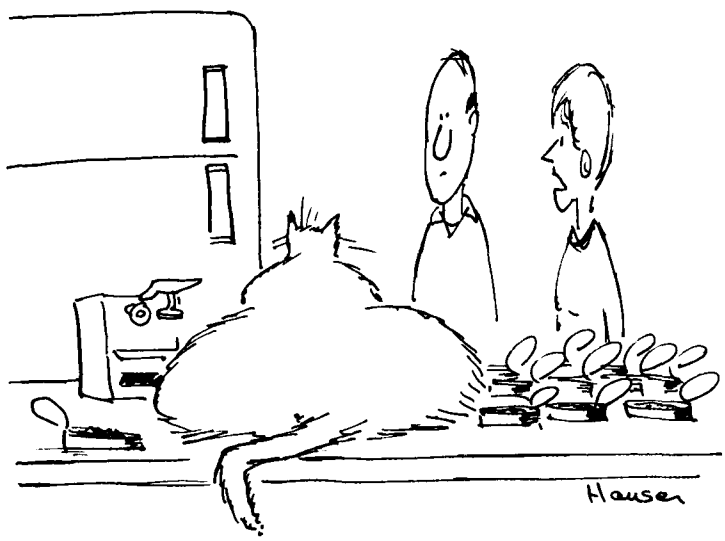

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The *Post* and Quaker's Butter-Flavored Popped Corn Cakes . . .

A Wholesome and Toothsome Combination

Dr. James Anderson, a leading fiber authority, visits *Post* test kitchens and gives his stamp of approval for Popped Corn Cakes—the health food snack chosen as our health food of the month by *Post* editors, including Maynard Good Stoddard (left).

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Before selecting this month's healthful gift, we invited Dr. James Anderson, a pioneer in the dietary-fiber world, to have a taste and a look at the nutritional contents of Quaker's new Butter-Flavored Popped Corn Cakes. He was pleased. He immediately pointed out that an ounce of these popped corn cakes contains only 100 calories, whereas an ounce of crackers delivers an average of 130 to 150 calories. "So this is a real good choice," he said. "You know, 35 cups of unadorned popcorn is equal in calories to one cup of peanuts."

Our readers have long been familiar with Dr. Anderson's work as a professor of medicine and clinical nutrition at the University of Kentucky in Lexington. In our test kitchens, he gave his nod of approval to Quaker's claim that this exciting new product contains no fat or cholesterol and is low in sodium with just 55 milligrams of sodium per serving.

The Boston Pops, under the direction of John Williams, is tops in pleasing the ear. But when it comes to pleasing the taste buds, Butter-Flavored Popped Corn Cakes, under the direction of the Quaker Oats Company, create their own symphony of nutrition in a light snack with all the traditional benefits of a Quaker Rice Cake.

So we are inviting you to sink your teeth into a generous helping of Quaker Butter-Flavored Popped Corn Cakes—at our expense. You have only to unsheathe your ballpoint pen and subscribe to America's favorite family magazine, and a large bagful will be on its way to you.

Popped corn cakes and *The Saturday Evening Post* go together like—well, like popped corn cakes and *The Saturday Evening Post*.

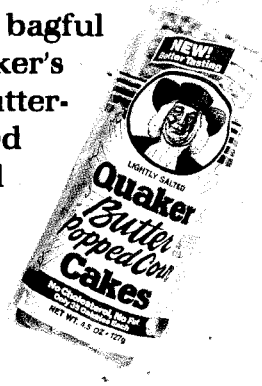
The clean, healthful ingredients of the *Post* combine the best in fiction and humor, cartoons and contests, with nonfiction devoted to medical research, inspiration, food recipes, education, family life, animals, science, places to go, people to know.

The colorfully illustrated pages are carefully planned for the entire family to read, to heed, to learn from, to laugh over. They carry no cigarette ads, no liquor ads, no firearm ads, and no sleaze.

We have already said a mouthful. But to enjoy a wholesome and nutritious snack without sacrificing great taste, it's Quaker Butter-Flavored Popped Corn Cakes . . . and to please your family's reading appetite, it's the health-oriented pages of *The Saturday Evening Post*. To bring them both to your door, the enclosed card or coupon awaits your signature. If you're waiting for a stroke of good luck, a stroke of your pen will be it.

The Quaker Oats Company and *The Saturday Evening Post* wish you and your family *bon appétit* . . . and *bon* reading.

Subscribe to the *Post* and receive a FREE bagful of Quaker's new Butter-Flavored Popped Corn Cakes



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HEARTBEAT

The Healthy Heart Report

SORTING OUT FIBER

As new forms of beneficial fiber proliferate, a noted medical expert explains how to make the most of fiber in your diet.

by James W. Anderson, M.D.

Few nutrition topics have attracted as much attention in recent years as fiber has. Newspapers, magazines, TV commercials, talk shows, and even cereal boxes regularly feature fiber. Food companies now offer a wide array of high-fiber cuisine, and new products enter the market weekly. Fiber has become a household word, but few of us really understand the potential health benefits of fiber.

Fiber Fights the Big Five

Fiber holds great potential to help prevent or treat many chronic diseases of our society. Fiber combats the five major causes of death and disability in the United States: heart disease, cancer, high blood pressure, obesity, and diabetes.

Interest in fiber first started in the early 1970s, when two researchers, Denis Burkitt and Hugh Trowell, introduced the dietary-fiber hypothesis—that fiber deficiency contributes to many Western diseases. Their observations of disease patterns among rural Africans compared to those of Western people stimulated many other researchers to confirm the health benefits of fiber.

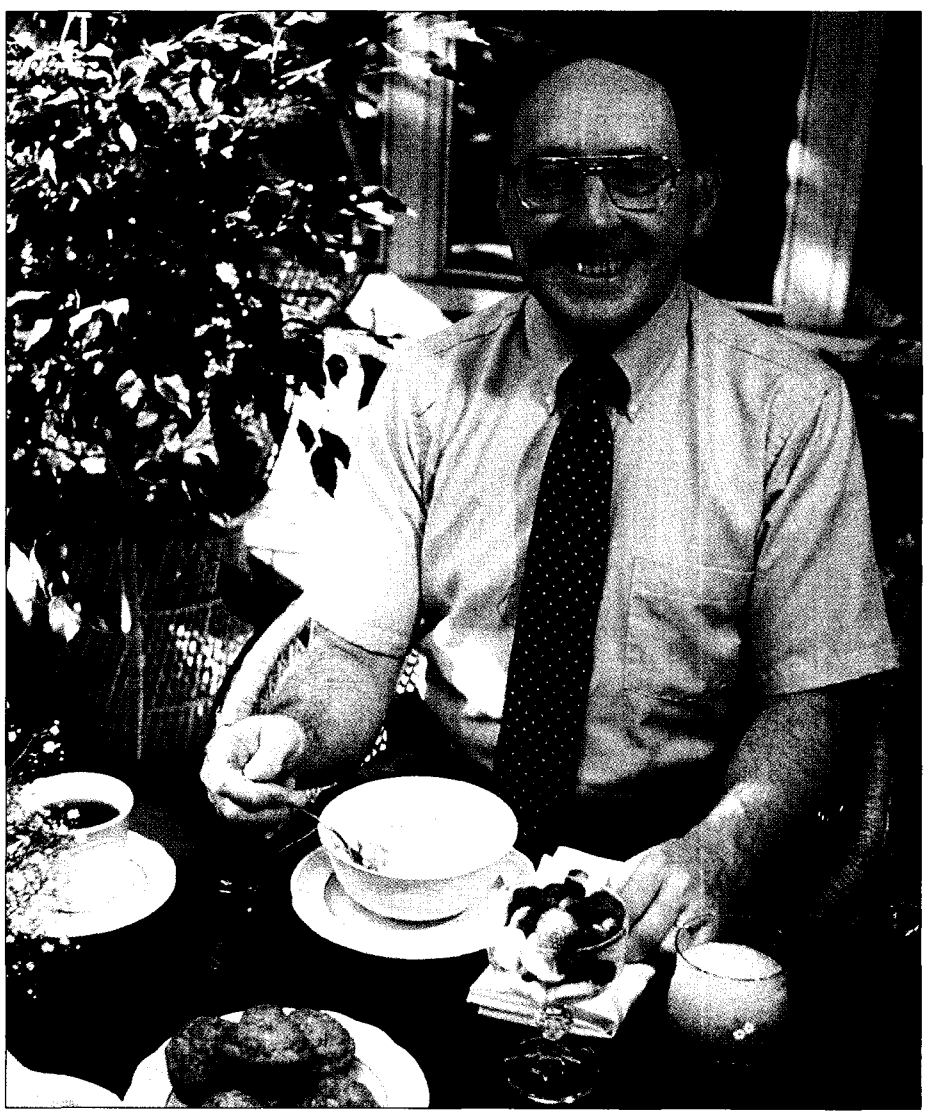
Several scientists note that populations with high fiber intakes have low rates of heart disease. This relationship appears to be independent of fiber's effects on other heart disease risk factors, such as blood fat levels.

In a Netherlands study, men with the lowest fiber intake had a four times higher death rate from heart disease than men with the highest fiber intake. A fiber intake of at least 37 grams daily seemed to protect against heart disease.

In the same study, men with the lowest fiber intake also had three times as many deaths from cancer as men with the highest fiber intake. Other studies show that people with high cereal-fiber intake develop colon cancer less frequently than people with low cereal-fiber intake. Studies also link breast cancer to a high-fat, low-fiber diet.

Nutrition plays a role in about 35 percent of all cancers. The National Cancer Institute recommends that Americans increase their fiber intake to help protect against cancer.

High fiber intake may also help lower blood pressure. Vegetarians with high fiber intakes maintain lower average blood pressures than meat eaters with low fiber intakes. We lowered the blood pressures of 12 lean diabetic



In the fast-changing world of fiber knowledge, the pragmatic Dr. James Anderson has emerged as the most authoritative source of easy-to-use information on which foods to choose most often. For example, his rule of thumb: the milligrams of sodium per serving shouldn't be more than the total calories per serving. His book *Be Heart Smart* has just been revised and updated with information about new fiber products. Dr. Anderson approves of psyllium and soy fiber in foods.

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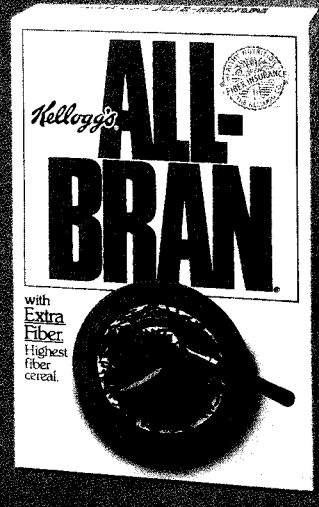
WHY THE BEST THING TO PUT ON YOUR CEREAL IS MORE CEREAL.



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HEARTBEAT

men by about 10 percent by feeding them a high-fiber diet.

Individuals with diabetes greatly benefit from high fiber intake. We first began treating diabetic individuals with high-fiber diets in 1974. Our own studies and those of others show that high fiber intake lowers blood sugar levels up to 40 percent and greatly reduces the need for insulin or diabetes pills in some individuals.

High fiber intake also lowers blood-fat levels in diabetic individuals. Maintaining normal blood-fat levels is especially important for them, because they experience three times the heart attacks and four times the strokes nondiabetic individuals do. The American Diabetes Association recommends that diabetic individuals double their fiber intake to up to 40 grams of fiber daily.

Obesity aggravates heart disease, high blood pressure, diabetes, and many other diseases. High-fiber meal plans contribute to weight loss and weight maintenance because they usually contain fewer calories, take longer to eat, give a feeling of fullness, and increase satiety. Individuals in our studies reported significantly more fullness and less hunger after high-fiber meals than after low-fiber meals.

What Fiber Can Do for You

Fiber's specific effects on the body fall into four categories: laxation, regularity, effects on blood sugar, and effects on blood cholesterol. Different types of fibers are more effective than others in each of these categories.

Fiber aids laxation and regularity by making stools larger, softer, and easier to pass. Wheat bran, which contains primarily insoluble fiber, has long been recognized for its ability to help prevent and treat constipation, diverticular disease, irritable bowel syndrome, and hemorrhoids. Psyllium fiber used in bulk laxatives and soy fiber have effects similar to the effects of wheat bran. Some gummy and highly water-soluble fibers, such as guar gum or pectin, lack this effect and can slow passage of the stool through the body.

Both soluble and insoluble fiber help improve blood sugar control in diabetic and nondiabetic individuals. Fiber smooths out the blood sugar curve, reducing the high and low swings in blood sugar after meals. Fiber also helps the body use the hormone insulin better, by letting blood sugar into the cells where it can be used for energy and growth.

Certain fibers effectively lower blood cholesterol levels. Wheat bran has little effect on cholesterol levels, but oat bran, soy fiber, psyllium, guar gum, and pectin lower cholesterol levels up to 20 percent. Research shows that for every one percent you lower your cholesterol level, you reduce your risk for heart disease 2 percent.

High-Fiber Foods

Try to eat a variety of foods to obtain a variety of fiber types, because each type of fiber offers unique health benefits. Fruits, vegetables, and whole-grain products are good sources of dietary fiber and provide the backbone for your high-fiber diet.

Fruits and vegetables contain both soluble and insoluble fiber; most whole-grain products contain primarily insoluble fiber. Much of the fiber in fruits and vegetables is in the peel, so leave it on whenever possible.

In addition to these basic fiber foods, certain foods particularly rich in fiber have specific health effects.

High-Fiber Main Dishes

Italian Surprise
(Makes 8 servings)

1 cup dried lentils (3 cups cooked)
3 cups diced eggplant or zucchini
1 tablespoon olive oil
1/2 pound ground turkey
1/2 cup diced green pepper
1/2 cup chopped green onions
1 clove garlic, chopped
2 tablespoons Fibrim for Baking
1 can (14 1/2 oz.) chopped tomatoes
1 teaspoon basil
1 bay leaf, crushed
1 teaspoon sugar
Salt and pepper to taste
2 ounces grated skim mozzarella

Cook 1 cup dry lentils in 4 cups salted boiling water 30 minutes. Parboil diced eggplant or zucchini in salted water 2 1/2 minutes. Drain and set aside. Heat olive oil in heavy skillet. Over medium heat, slightly sauté ground turkey, green pepper, green onions, and chopped garlic. Sprinkle

New sources of fiber make it easy to increase the dietary fiber in favorite dishes. Delicious examples include Italian Surprise and Red Bean and Rice Casserole.

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Oat products made with oat bran or oatmeal provide generous amounts of soluble fiber. Studies using Quaker oats show that including about one cup of oatmeal or oat bran per day in a typical Western diet lowers blood cholesterol levels 12 to 20 percent in a few weeks. Smaller amounts of oatmeal or oat bran, such as one-half to two-thirds cup, lower blood cholesterol levels up to 26 percent over several weeks.

Dried beans and peas, such as navy beans, kidney beans, pinto beans, chickpeas, and lentils, are also rich in soluble fiber. Including one-half to one cup of cooked dried beans or peas lowers blood cholesterol levels about 26 percent over the long term. Canned beans also lower blood cholesterol levels to a lesser extent.

Wheat bran and wheat-bran cereals provide generous amounts of insoluble fiber. These products have little effect on blood cholesterol, but they aid in laxation and regularity by increasing stool bulk and moisture content. They may also help protect against colon cancer and other bowel disorders.

Other cereal brans, such as corn bran, can be purchased at most health-food stores. These brans contain primarily insoluble fiber, and they have effects similar to wheat bran.

Fibrim on top; stir constantly until well-mixed. Add tomatoes, basil, bay leaf, and sugar. Stir until well-mixed and slightly thickened. Add cooked lentils and eggplant or zucchini. Season to taste with salt and pepper. Pour into 2-quart baking dish, sprinkle with mozzarella cheese, and cook, uncovered, in preheated 350° F. oven 20-30 minutes.

Red Bean and Rice Casserole
(Makes 6 servings)

1 1/2 cups tomato sauce
3 teaspoons Fibrim for Beverages
3/4 teaspoon Tabasco sauce
3/4 teaspoon garlic powder
1/2 teaspoon salt
2 cups cooked Minute Rice
1 small onion, finely chopped
2 cups cooked and drained red beans
1/2 cup Parmesan cheese

Combine tomato sauce, Fibrim, and seasonings; mix well. Combine half of tomato sauce with rice. Spread over bottom of 2-quart casserole sprayed with nonstick cooking spray. Combine remaining tomato sauce with onion and beans. Spread on top of rice mixture. Bake at 400° F. 15 minutes. Sprinkle with Parmesan cheese. Bake another 5 minutes until cheese melts. Let stand 5 minutes before serving.

Spicy Chicken and Brown Rice
(Makes 6 servings)

3 cups water
1/2 cup chopped onions
4 teaspoons low-sodium, chicken-flavored instant bouillon
1 teaspoon extra-spicy herb and spice seasoning
1 cup brown rice
1 cup All-Bran cereal
1 package (10 oz.) frozen mixed vegetables
2 cans (5 oz. each) white chicken or turkey meat
1 can (4 oz.) mushroom stems and pieces

In 3-quart saucepan, combine water, onions, bouillon, and seasoning; bring to boil over medium heat. Stir in rice; cover and simmer over low heat, 30 minutes. Remove from heat and stir in All-Bran cereal and remaining ingredients. Place in 3-quart casserole; cover.

Bake in 325° F. oven about 60 minutes or until rice is tender and vegetables are done. Serve hot.

Mustard Glazed Turkey Loaves
(Makes 4 servings)

1 cup Common Sense Oat Bran cereal
1/4 cup chopped onion
1 egg white
1/2 teaspoon garlic salt
1/8 teaspoon pepper
1/4 cup chopped water chestnuts
2 teaspoons prepared mustard
1 tablespoon horseradish
1 pound ground turkey

Glaze
2 tablespoons prepared mustard
1 tablespoon firmly packed brown sugar
2 teaspoons tarragon
White wine vinegar

Combine Common Sense Oat Bran cereal, onion, egg white, garlic salt, pepper, water chestnuts, mustard, and horseradish. Mix in turkey. Shape into 4 loaves. Place in foil-lined 13" x 9" x 2" baking pan.

Bake in 350° F. oven 20 minutes. Remove from oven and spread with mixture of mustard, sugar, tarragon, and vinegar. Return to oven and bake 10 minutes longer. Garnish with parsley, if desired.

Concentrated Fiber Sources

Certain individuals may benefit from taking in concentrated forms of fiber as a complement to their high-carbohydrate, high-fiber, low-fat (HCF) nutrition plan. *Psyllium*, a fiber extract from the psyllium seed rich in soluble fiber, is widely used in bulk laxatives. Our research shows that two to three daily doses of the psyllium-containing laxative Metamucil reduce blood cholesterol 15 percent in men with high initial levels. Metamucil and Fiberall are well-accepted, and they have few side effects.

A new fiber source, *Fibrim brand soy fiber*, contains both soluble and insoluble fiber. Fibrim exerts all the beneficial effects of fiber, and it is well-accepted. It aids laxation and regularity, improves the body's ability to handle sugar, and reduces blood cholesterol levels.

Though Fibrim has only recently become available to the public, research with Fibrim began 15 years ago. Early studies showed that supplementing diets with 25 grams of Fibrim daily increased stool bulk and water content, improved blood sugar control, and produced no negative effects on vitamin or mineral balance in healthy college students.

Later studies showed that taking 25 grams of Fibrim daily reduced blood cholesterol levels 5 to 11 percent in individuals with high levels and an additional 5 percent in individuals already on a National Institutes of Health cholesterol-reducing diet. Fibrim also improved blood sugar control in diabetic individuals.

Guar gum and pectin are also available in several forms in health-food stores. Guar gum, an extract from the Indian cluster bean, is rich in soluble fiber. It lowers blood cholesterol levels about 10 to 15 percent and blood sugar levels about 13 percent. Pectin exerts a similar effect.

Guar gum and pectin produce such gastrointestinal side effects as nausea, cramping, and gas in some individuals. Both fibers slow passage of the stool through the body, and neither fiber

continued on page 107

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VETS ON PETS

WHEN YOUR PET SHOULD SEE A VET

Only by knowing the appearance, habits, and behavior of your pet in good health can you recognize when it may be "sick as a dog."

by Gabrielle Hoeppner, D.V.M.

Mary's dog, Barney, didn't greet her at the door as usual, and when she fed him supper he only picked at his favorite food. Evidently, Barney wasn't feeling well. But Mary didn't know whether she should call her veterinarian right away or wait until the next day. Pet owners are often confused about when they should bring their pets to the veterinarian.

Some problems can be handled at home, but others require prompt professional attention. It's always best to catch little problems early before they become big ones. Pets, like people, differ in their responses when they are sick. Some are more stoic than others. Cats, for example, hide their illnesses well. A cat that appears sick should be rushed to see the veterinarian as soon as possible.

You and your veterinarian are a team. Your familiarity with your pet is important to your veterinarian because your pet cannot speak for itself. The best thing you can do is know the appearance, habits, and behavior of your pet in good health. Only by knowing what is usual can you be alert to something amiss. (See sidebar on page 34 for signs to watch for.) Keep a written record of vaccination dates, treatments and illnesses, and observations of any abnormal signs. This will be invaluable to your veterinarian. It could also save you money by eliminating the need for extensive diagnostic testing.

Some pet problems can be handled at home, but serious "red alerts" require immediate veterinary care.

Working with Your Vet

Choose a veterinarian you like and trust. Your friends, neighbors, and relatives are good sources for referral. Your pet should make regular visits to the vet for physical examinations and booster vaccinations. Your veterinarian can do his job best when he knows you and your pet well. Don't wait for a midnight emergency to let your fingers do the walking through the yellow pages looking for a vet. When calling your veterinarian for a phone consultation, be sure to have such vital information at hand as your pet's body temperature (ask your vet to show you how to take it), appetite, and any abnormal signs you may have observed. Be very specific when you describe your pet's condition. Your veterinarian can then help you decide whether an office visit or a home treatment is needed.

Skin Problems

Diseases of the skin can be minor irritations or indications of serious health problems. Flea allergies are the most common skin problems in dogs. Progressive hair loss, excessive scratching, bumps or lumps, raw places that refuse to heal, or large deep cuts should send you with your pet to the vet. Minor irritations, mild burns, insect bites, or small cuts can be treated at home by cleaning with a mild hand soap. Antibiotic ointments, burn ointments, or calamine lotions may then be used. (Such irritating compounds as strong iodine, "blue lotion," or hydrogen peroxide can retard healing.) Applying a clean bandage to protect the area from dirt, licking, and scratching can keep a small problem from turning into a big one. Don't bandage unless you know how to do so properly. Let your veterinarian show you how.

Digestive Upsets

Diarrhea and vomiting can be caused by several conditions, including table foods, foreign bodies, bones, poisonings, or serious viral or metabolic disease. Home treatment is usually O.K. for an active, alert pet with no appetite loss or fever. Withhold food (but not water) for 24 hours, and then begin feeding small amounts of a bland diet. Commercial diets for this purpose are available from your vet, or you can make one at home from boiled chicken (without the skin) or lamb mixed with equal parts of cooked white rice. Pepto-Bismol liquid can be given to dogs (not to cats): one teaspoon per five to ten pounds of body weight. Any animal with digestive upset lasting more than 24 hours or vomiting or diarrhea that has blood in it should be seen promptly by a vet. Giving cats a hairball preventive regularly can head off digestive problems caused by excessive ingestion of hair.

Heart and Respiratory Disease

Heartworm disease is now common in dogs all over the country. A simple test and preventive is available. Signs

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New

HEARTGARD-30®
(ivermectin)
Chewables.

Now, the only once-a-month heartworm disease preventive is even easier to give.

Dogs take new HEARTGARD-30® Chewables readily. That's because it's the only heartworm disease preventive made with real beef.

Now, you can give your pet a chewable just once a month and be sure he's getting effective heartworm protection. What could be easier?

So next time you talk with your veterinarian be sure to ask about this unique breakthrough in pet health care.

Heartgard 30® (ivermectin) Chewables.

Made with real beef.

Composition: Each HEARTGARD-30 chewable contains 68, 136, or 272 micrograms ivermectin. **Indications:** HEARTGARD-30 is for use in dogs to prevent heartworm disease caused by *Dirofilaria immitis* by eliminating tissue stage larvae. **Precautions:** Dogs should be tested by your veterinarian for existing heartworm infections prior to starting treatment with HEARTGARD-30. A mild hypersensitivity-type reaction, involving a transient diarrhea, may occur after the treatment of dogs that have circulating microfilariae. When given at many times the recommended dose, ivermectin (the active ingredient in HEARTGARD-30) caused serious adverse reactions, including death, in certain dogs, particularly of the collie breed. **Observe collies closely for at least eight hours after treatment. If unusual signs, such as dilated pupils, depression, or a staggering gait are seen following treatment, contact your veterinarian immediately.** HEARTGARD-30 is not effective for treatment of adult heartworm infections or for clearance of microfilariae. **Caution:** Federal (U.S.A.) law restricts this drug to use by or on the order of a licensed veterinarian. Keep this and all drugs out of the reach of children. See your veterinarian for complete information. MSD AGVET, Division of Merck & Co., Inc., Rahway, NJ 07065-0912, USA. ®HEARTGARD-30 is a registered trademark of Merck & Co., Inc., Rahway, NJ. Copyright © 1989 Merck & Co., Inc. All Rights Reserved. HGD-9-04156-AJA.

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of heart disease include persistent coughing (especially at night or with exercise), easy fatiguability and exercise intolerance, difficulty breathing, fainting, and distention of the abdomen. Obvious signs don't often appear until the disease is well-advanced. A pet owner may first notice the cough, as well as the pet's sluggishness.

Pets don't get simple colds or flu like people. Most respiratory diseases are caused by viruses; they can get worse without treatment. Sneezing, runny eyes or nose, or coughing that lasts more than a few days means a veterinary visit is due. In the meantime, simple tender, loving care, such as warm comfortable housing, rest, good food, and lots of love, will help.

Urinary Diseases

Feline urinary syndrome (FUS) is a very common diet-related problem, especially in male cats. A build-up of crystals and "sand" in the urinary tract can slow or completely stop the normal flow of urine in male cats. This becomes a life-threatening situation as toxic body wastes build up in the pet's bloodstream. Male cats that urinate outside the litter box, that have blood in the urine, or that strain to urinate should be seen by a veterinarian immediately (even if it is the middle of the night). This is a true emergency. Cat owners may mistakenly believe the cat is constipated because it spends so much time in the litter box. FUS can also cause your cat to lose its appetite, appear sluggish, or begin vomiting.

Dogs also have urinary troubles. Any bleeding or discharge from the urinary or genital tract should get prompt attention.

Ears and Eyes

Eye injuries—especially common in Persian cats or snub-nosed dogs whose eyes are prominent and large—or diseases are indicated by pain, squinting, redness, pus, swelling, avoidance of light, or cloudiness of the cornea (clear part of the front of the eye). Eye problems can worsen rapidly within 12 to 24 hours and therefore should always be examined by a vet as soon as possible. Always apply a bland eye ointment before bathing your pet to prevent soap irritation of the eyes.

Ear mites and bacterial infections are common in dogs and cats. Ears can be gently cleaned with rubbing alcohol and cotton on the end of your finger. Head shaking, foul odors, ear scratching, and "dirty" ears are signs of ear problems that should be seen by your vet. A proper diagnosis is essential before any treatment.

BE OBSERVANT
Watch for These Signs

- Is your pet bright, attentive, and alert but not nervous or anxious?
- Are eyes, nose, and ears clean and free of discharge or odors?
- Is your pet as active as usual?
- Have your pet's habits changed? Animals, like people, are creatures of habit and tend to do the same things at the same times each day. A change in habits is often one of the first signs of illness.
- Is your pet's appetite normal? Has it lost or gained weight recently? A distended abdomen is often mistaken for a weight gain. True weight gains, however, will involve the whole body—not just the abdomen.
- Is your pet's posture normal? Does it place weight evenly on all four legs? Does it carry its head or neck normally? Does it limp or have a hard time getting up or down? Can it jump on furniture or go up and down stairs normally?
- Has your pet's disposition changed? Does it seem cranky or distant? Hiding or reluctance to be touched can be a sign of pain. Does your pet have any abnormal lumps, bumps, or sores that won't heal?

Neurological and Musculoskeletal Disease

Seizures, uncontrolled spasms, or abnormal gaits or posture may stem from infections (rabies, meningitis), trauma, poisons, or epileptic-type seizures. Any pet that shows such neurological symptoms as changes in disposition, posture, or attitude should be seen by a veterinarian immediately. The condition probably isn't rabies, but you shouldn't take a chance.

Limping or abnormal gait may be a sign of muscle, joint, tendon, or bone pain caused by metabolic-nutritional disease, such infections as Lyme disease and Rocky Mountain spotted fever, tumors, injuries, or a slipped disc. Evidence of mild pain would not necessitate a veterinary visit right away. Enforced rest, hot packs (except for fresh injuries, which require cold packs), or aspirin (dogs only—cats cannot have aspirin or any other aspirin substitute) can be used. If using aspirin for dogs, give buffered aspirin tablets at a dose of one-half adult five-grain tablet for each 25 pounds of body weight once or twice a day. Do not use aspirin if the dog is on estrogen therapy or has a known bleeding disorder.

Always ask your veterinarian which health problems can be handled at home and which conditions need the attention of a professional. Some pet owners are able to deliver quite a lot of home medical care. And some problems are "red alerts" that require very prompt professional help. (See sidebar below.) Remember these keys to good pet care:

1. Be alert to and observant of behavior changes.
2. Practice good nutrition and such preventive medicine as vaccinations and parasite control.
3. Seek prompt professional attention for problems.

RED ALERTS
Warning Signs That Mean Call Your Veterinarian Immediately

- Bleeding—Bleeding from any part of the body. Blood in urine or stool.
- Vomiting or diarrhea—Many repeated episodes in a short period or intermittently over a period of days or weeks.
- Convulsions—Violent shaking of the head or body with uncontrolled spasms.
- Lethargy—Lack of normal energy or playfulness; reduced tolerance for usual exercise.
- Pain—Limping or favoring a leg; crying or showing indications of pain when touched or lifted.
- Weight loss—Unexplained losses in body weight over a short period.
- Lumps/bumps—Any new lump or one that is bleeding or growing rapidly. Any sudden swelling, especially if painful.
- Changes in eating or drinking habits—Refusing food or water or eating significantly more or less than usual for two or more days.
- Scratching—Frequently scratching or biting any body area; pawing at face or ears; shaking or tilting of head.
- Changes in thirst/urination—Unquenchable thirst; increases in the volume or frequency of urination; straining or inability to urinate; urinating in the house; or any other change in urinary habits.

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How a Stop in a German Shoe Store Ended a Lifetime of Foot Pain...

"We were in Germany on the very first day of our vacation and my feet were already killing me. I thought a pair of more comfortable shoes might help and I fell in love with a pair in a shoe store in Wiesbaden, Germany.

"But when I tried them on, they hurt, too. I explained my problem of sore aching feet to a friendly clerk and he pointed to a counter display and said, maybe I needed a pair of special Leather Insoles.

"I took his advice and was I glad I did...the instant I slipped them into my shoes, my foot pain vanished! I've worn them ever since and my painful foot problems are a thing of the past."

Luxis' specially designed metatarsal support comforts your feet. They will help eliminate painful, uneven pressures that cause Sore Feet, Burning Feet, Corns, Calluses, Bunions, Sore Heels, Ankle and Foot Problems of all types.

- Resilient, cushiony
- Mold themselves to your feet
- Long-wearing, genuine sheep leather
- Wear in any style shoe, including high heels.

END YOUR FOOT PAIN!

Over the last 15 years more than 8,000,000 pairs of these Leather Insoles have been sold in German shoe stores. They've relieved all types of foot problems for folks of all ages and if your feet are killing you, we urge you to try them.

Wear them for 30 days. If at the end of that time you're not completely delighted, just return them for a prompt, no-questions-asked refund. What could be more fair?

30-DAY NO-RISK OFFER

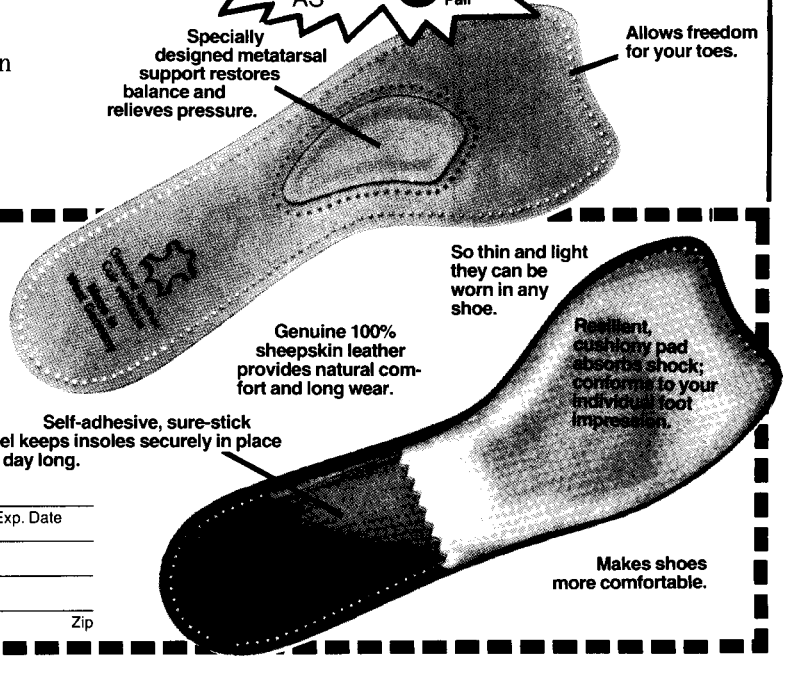
Try Luxis Leather Insoles for 30 days. If you are not 100% satisfied, simply return them for a full refund. No questions asked.

OTHERS AREN'T SUFFERING ANY MORE. WHY SHOULD YOU?

"The insoles are fantastic. I've suffered with foot problems all my life. Suddenly, I can walk in comfort."
L.C., White Plains, NY

"I had sore feet for a long time, but not anymore thanks to your insoles."
E.S., Lancaster, PA

Luxis Insoles COST AS LITTLE AS $6.95 Per Pair


Specially designed metatarsal support restores balance and relieves pressure.
Allows freedom for your toes.
So thin and light they can be worn in any shoe.
Genuine 100% sheepskin leather provides natural comfort and long wear.
Resilient, cushiony pad absorbs shock; conforms to your individual foot impression.
Self-adhesive, sure-stick heel keeps insoles securely in place all day long.
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_____ Two pair only $6.95 ea. total $13.90 add $1.75 P&H
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_____ Four pair only $27.80 (save $10) Postage FREE
Washington residents please add 8.1% state sales tax.
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SPEAKING OUT

BACK-DOOR TAXING

Not satisfied with substantial increases in spending, a coalition of special interest groups has organized to drive up your taxes indirectly.

by William B. Modahl

Over the past few decades, rapidly rising taxes have led to increasing taxpayer resistance. State ballot initiatives limiting property taxes, and the results of the past several presidential elections, have shown that people have had it with increased taxes.

The fact is that from 1960 to 1980, increased taxes took all of the gain in real income that came from the growth in our economy. Inflation continually drove people into higher tax brackets, even though they had no more spending power, until brackets were indexed in the 1981 Tax Act. Tax revenues have continued to grow along with the economy, rising from about $500 million in 1980 to almost $1 trillion today, but spending has climbed even faster, resulting in large deficits.

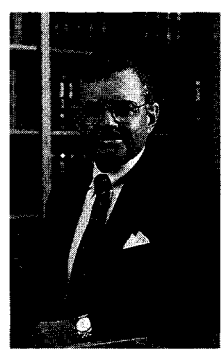
These deficits have brought real pressure against spending increases. Federal spending, which was growing at almost 16 percent in the last years of the Carter administration, has now fallen below the rate of growth in the economy, thus prolonging one of our longest economic expansions.

Not satisfied with these substantial but somewhat slower increases in spending than formerly enjoyed, a coalition of special interest groups, consisting of unionized bureaucrats, public employees, "human service" providers, and private-sector suppliers and consultants, has organized to drive up your taxes through the back door.

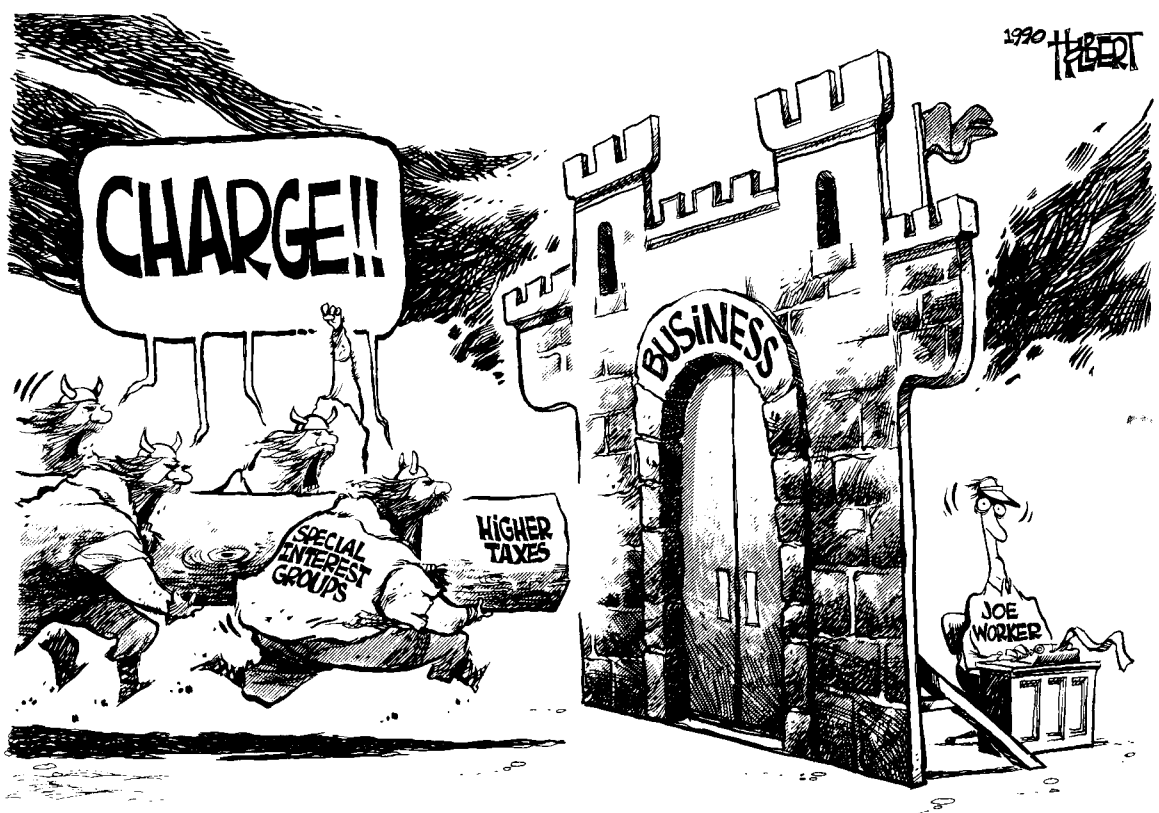
Here's how it works. They adopt such titles as Citizens for Tax Justice, Tax Equity Alliance, and Citizen's Action, which make their activities appear to be a public-spirited effort rather than the purely self-serving propaganda it is. Knowing that voters won't buy new taxes on themselves, they argue for increased taxes on business. Of course, business doesn't really pay tax—business is just the name we give to people working to earn their livings. A tax on business can only be paid by its customers in higher prices, by its employees in lower pay raises or fewer job openings, or by its owners (most stock is owned by the employees through retirement funds). So it's the voters who end up getting stuck with the cost.

The big drawback to increasing taxes on business is that money taken in the first instance from business usually means that business can't buy the more productive new machinery, or do the research necessary to stay ahead of the competition, often foreign competition, so jobs are lost.

Well-informed voters will resist these back-door tax increases just as strongly as they do the more obvious ones, and they will insist that the government eliminate waste and inefficiency before additional taxes are layered onto business or individuals.



William B. Modahl is a Boston-based tax consultant and writer.



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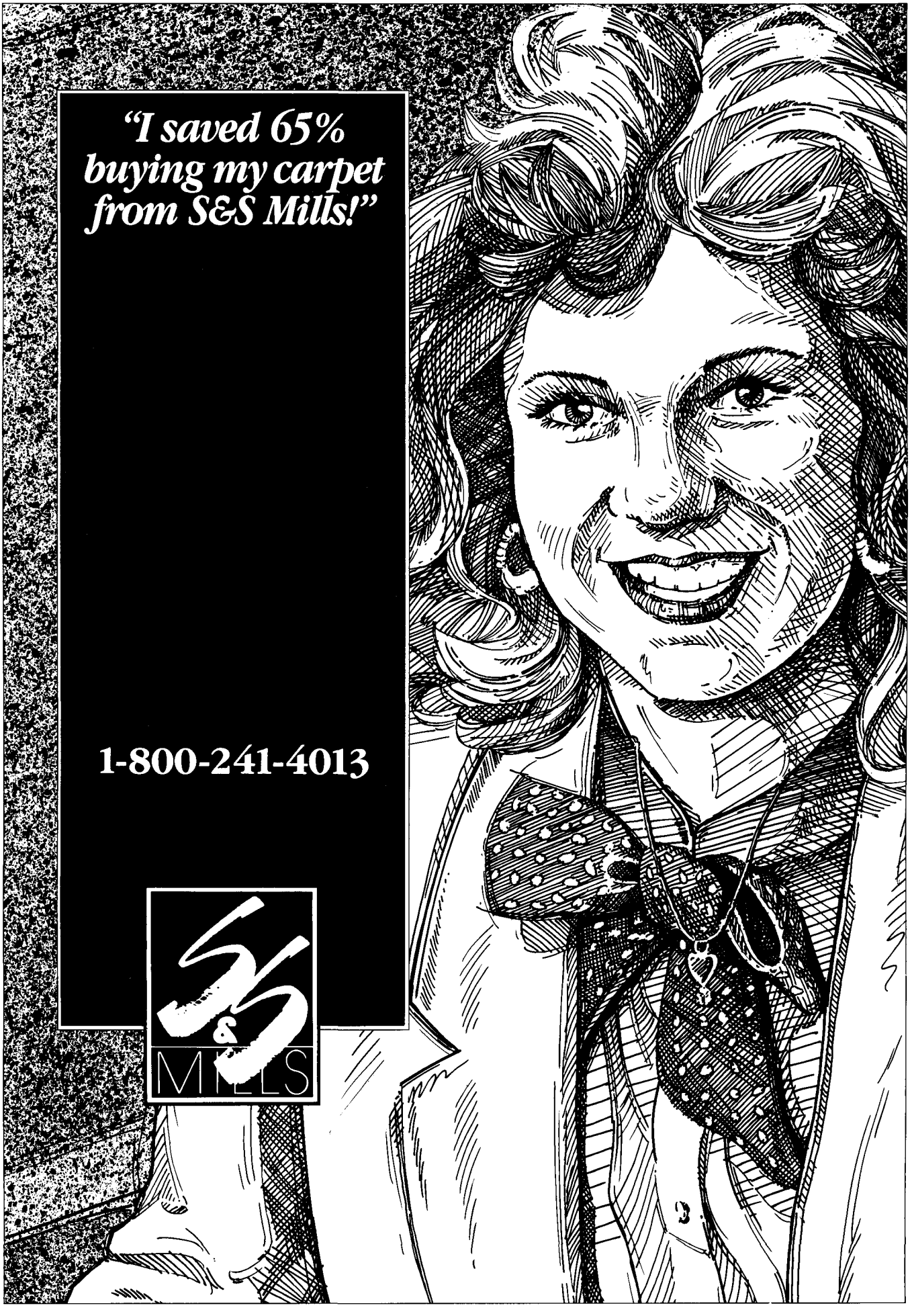

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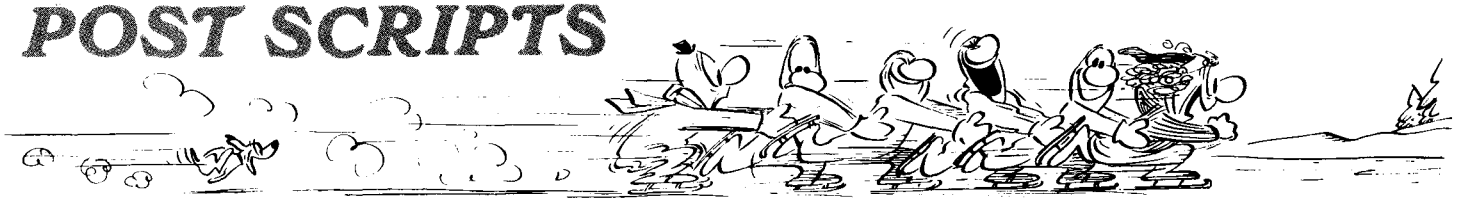

Child's Honesty

Little Cindy and her brother had been punished by their father for squabbling. It was Cindy's turn to say grace that evening. Quietly, she said, "Thank you, God, for preparing this table for me in the presence of mine enemies."

—Martha J. Beckman

Chainsaw Massacred

A logging foreman sold a farmer a power saw that he guaranteed would cut down 15 trees a day. A week later, the farmer returned to report that the saw must be faulty—it averaged only 3 trees a day.

The foreman picked up the saw and pulled the starter cord on the engine. The saw promptly revved up into its loud whine.

"Hey!" the startled farmer said. "What's that noise?"

—F. Matranga

Flee, Flu!

Onions and garlic are great, so they say,
For keeping those bad colds and flu bugs away.
I can't point to medical proof for my theory,
But people with flu germs and colds don't come near me.

—James A. Knoop

Keen Cuisine

The kind of food that we all need
Cannot be cooked or bought;
It has no fat or calories—
It's known as food for thought.

—Charles Ghigna

Who's Fooling Who

For every woman who makes a fool out of some man there's another who makes a man out of some fool.

—Sam Ewing

"It's the dangedest thing I ever seen. You just push this button, a bell rings, and a snack pops out."

Chance the Noise

When opportunity knocks, some people only complain about the noise.

—Ivern Ball

Distance Makes the Heart Fonder

Isn't it odd that friends and relatives we seldom see all year write to wish we were with them when they get 500 miles away?

—Rose Sands

Farming Sense

"Your methods are a century behind the times," the pompous government expert said to the veteran farmer. "I'd be surprised if you got a bushel of wheat to the acre out of that field."

"So would I," the farmer laconically replied. "That's barley."

—Mrs. C. B. Williams

Answered Prayers

The pastor of a rural church had held forth in that parish longer than his welcome endured. Frequent discussions concerning his moving to another parish had been futile. The situation grew steadily more embarrassing until one Sunday morning he announced from the pulpit that over a long period of time he had consulted with Jesus, earnestly praying that some other parish would welcome his services. Well, he said, Jesus had answered his prayers, and he was leaving at the end of the month. Now, he continued, he would like for them to stand and sing one of their favorite hymns. The congregation promptly arose and sang "What a Friend We Have in Jesus."

—James L. Creasy

Aging Process

Wrinkles are hereditary. Parents get them from their children.

—Rose Sands

Sappy Days Are Here Again

You know it's going to be a bad day when:
You call Suicide Prevention, and they

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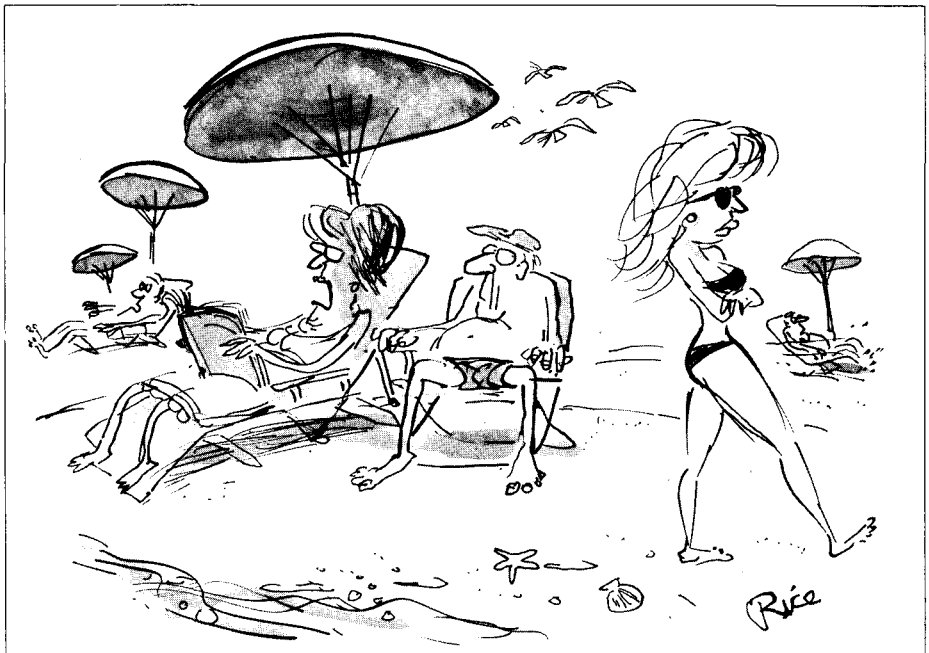

"Go ahead and turn your head, Roger. I'd rather you didn't rupture an optic nerve."

immediately put you on "hold."

You want to put on the clothes you wore to the party last night, and there aren't any.

Your twin sister forgets it's your birthday.

—Martha J. Beckman

House Ashamed

It's a very wonderful feeling when you finally wrap up all the details of buying your own home. You're kind of dizzy, euphoric, on top of the world. Life couldn't be better.

Too bad, real estate analysts say—too bad those ecstatic feelings don't always transfer to friends, neighbors, and branches of the immediate family, but they don't have any solutions to the problem. They don't even have any ideas on how to combat the comments you get—like:

"Sounds O.K., maybe. But my brother-in-law got a better deal at Lonely Acres. And $3,000 back plus ree golf carts."

"I hear that the schools out there wouldn't know what a National Merit Scholar is."

"Even on cable, the picture out there is never any good."

"But that red curb right in front of the house is a bus zone, isn't it?"

"I read in an article that developer's been in litigation since 1986 in four states. I thought you knew that."

"Put together like cardboard and tape. Real thin plywood. Cited for city code violations three times, I heard."

"In that neighborhood? Man, you'll never get your money out."

"It's what—Gothic Cape Cod with French Provincial overtones? Show me the brochure again."

"Well, I call it the boonies. Buses don't run out there, no supermart, no library, no parks, and a tire factory moving in next January."

"You went for what kind of mortgage? My sister tried that scam, and payments went so high she just let them foreclose."

"The movers surely will charge you for those three flights of stairs—but maybe the view is worth it."

"I like nice picture windows too. But overlooking a four-lane freeway?"

—Ralph Shaffer

Earned Respect

"Have you anything for gray hair?" a fellow asked a druggist.

"Nothing but respect," the druggist replied.

—Bobbie Mae Cooley

One Step Ahead

It may be tough to try to keep up with your neighbors, but just think how hard it must be for them to keep ahead.

—Rose Sands

Sibling Play

Junior was asked to play school. He refused but his sister insisted, so he finally told her: "Then play that I'm absent."

—Rose Sands

Cold Words to Warm the Heart

I had a cold and felt so bad,
But doctors couldn't cure it.
Just take two aspirin, go to bed,
Drink juice, and just endure it.

I had no time to lie in bed
And feast on useless pills.
So I went walking in the rain
And hoped to cure my ills.

You can't believe how well it worked,
I'll be improving fast.
For now I have pneumonia,
And can be cured at last!

—Sue Culp

"The line's gotten even longer since he started spinning in his tomb."

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OPEN FORUM

THE DECLINE OF CENTRAL GOVERNMENT

Private institutions, private individuals, and private decision making are taking over the reins once held by the world's great centers of power.

by Mitchell E. Daniels, Jr.

Recent headlines have often been dominated by news from Poland. There, a brave people undertakes the awesome challenge of transition to free political institutions, institutions for which the country's new leaders are, by their own admission, entirely unprepared.

Fifty years ago, Nazi tanks and Stukas were annihilating a Polish army that had proclaimed itself ready for anything. A bulletin of the Polish Information Service dated July 1, 1939, just 60 days before the blitzkrieg fell, praised the late Marshal Pilsudski for his foresight in building "one of the first-class military powers of Europe."

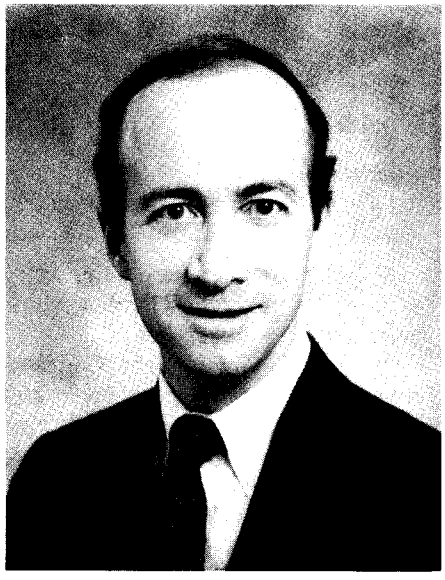
Of special pride to the Poles was their horse cavalry, to which they had committed more than a quarter of their 132 standing regiments. A military observer of the day termed the cavalry "the outstanding feature of the Polish Army." He wrote, "I should class this the best in Europe." And so it was. Regrettably, its skilled and courageous soldiers had prepared for the wrong war.

I am apprehensive that today's public service trainees, like those Poles, may be preparing for irrelevance.

A basic fact of our time is that the American federal government is losing its purchase on events. The government is becoming less and less relevant to the outcomes with which it busies itself. Only some of the causes of this declining influence are temporary, domestic, or reversible.

My contention is that America is not in decline, not necessarily, versus other nations. But American government, along with central governments everywhere, is in decline versus private institutions, private individuals, private decision making.

By now, many have detected—and many, for reasons I find distasteful, have welcomed—a declining influence of the American central government on world affairs. But the reality is that our central government is a diminishing factor in most outcomes, foreign and domestic. Moreover, this diminution is common to all central governments of our time, and it is going to continue steadily.



Mitchell E. Daniels, Jr., is the president and CEO of the Hudson Institute.

Last summer, I received a call from one of the country's top reporters, a White House and political correspondent for the *Boston Globe*. It was that time, he said. Time to write his annual "August" story about the sudden shutting down of Washington for the summer recess. But what struck him this year, he said, was that "it's been like August all year long." He meant that, to the extent Washington had been newsworthy at all, it was due to small issues, or non-issues, such as the Tower nomination, the flag desecration controversy, or the Jim Wright contretemps. Sen. Patrick Moynihan had spoken of the "hush" fallen over the city. David Broder had lamented "small stakes" government.

In the *Globe*, my friend ultimately wrote, "Thanks to a series of coincidences, Washington in 1989 has lost some of its ability to command attention, and with it some of [its] intoxicating allure.... [The] capital city's inflated sense of self-importance has been punctured this year." I agree, except that I don't think the situation is coincidental; although the puncture will surely be patched, I think a slow leak will persist over the long term.

The *Boston Globe* identified some of the causes of this "year of Augusts." One most certainly is the fiscal handcuffs into which Congress has slowly locked itself. After subtracting interest costs and untouchable entitlements spending, the discretionary share of the federal budget is down to about 40 percent. Of this portion, defense spending, cut for five straight years, has proven the easiest, almost the *only*, budget category Congress is capable of cutting meaningfully. But even the most reckless proposals for further defense cuts are small by comparison to the structural deficits the nation now runs.

The upshot is that massive domestic interventions of the sort studied and devised over the past quarter century have long since become extinct. For evidence, consider the President's long-awaited drug policy. Backed by overwhelming political momentum, the Administration and Congressional negotiators labored all year, scoured the budget for extra cash, and finally gave birth to—what?—$2.2 billion in additional spending, a mouse in the context of a $1.1 trillion budget. By contrast, the CETA program of the

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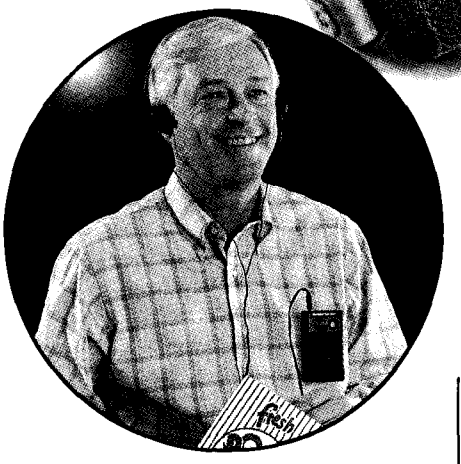

them sing before, and hear deer coming before they hear you! It's an outdoorsman's dream come true.

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'70s was a $10 billion program in unadjusted dollars, roughly three times the total spending on today's consensus crisis problem.

This bind is not going to lessen; if anything, it will tighten in the decades ahead. Even though flattened spending and continued economic growth will gradually grind down the country's annual deficit, the brakeless locomotive of entitlement spending hurtles on. The demands of Social Security, Medicare, civil service and military pensions, and other open-ended obligations will continue to eat up any spare cash that restraint elsewhere might produce.

Capitol Hill Democrats dream of income tax increases, but even if obtainable these would be no answer. Income tax hikes large enough to fund deficit reduction plus domestic initiative would be self-defeating, economically and at the polls. Tax indexing, a fundamental triumph for governmental integrity, has ended "stealth" tax increases and closed another door to federal expansionism.

A rising fraction of the money Washington does have is provided by the aforementioned payroll tax. All its proceeds are being spent currently. Its "trust funds" are untrustworthy; in fact, they are mythical. Sometime in the '90s, when it becomes apparent that this most regressive of all taxes, already the biggest tax payment for the majority of Americans, is providing zero security to its payors, that there is no real money in the drawer, the next tax revolt will surely occur.

Payroll tax relief may be accompanied by some moderation of entitlement spending, but on a net basis the fiscal noose will probably tighten another notch. Creative federal service could eventually shrink to designing the ideal check-writing software.

Already the effects are showing up. Foreign-assistance spending, Congress' other pet target, is at postwar lows. After deducting payments to the most favored nations of Israel and Egypt, Washington has virtually nothing left to give the rest of the world. Japan has surpassed us in foreign aid spending. President Bush's trip to Eastern Europe last year underscored the cupboard's essential bareness; any romantic encounters between the United States and East Bloc freedom seekers are likely to be Dutch treat.

Richard Fisher, a bright young Texan, left government after distinguished service in the Carter administration for what he found the more stimulating areas of capital management. He recently commented, "[T]he federal government . . . is effectively a poorly run business, and like any business suffering under the weight of anemic cash flow and excessive contingent liabilities, its influence is waning."

"This model comes equipped with extra socks."

The public policy marketplace began to react even before most people in Washington were alert to their predicament. The first and most interesting sign was the reemergence of state governments. To an extent, Reagan policies aimed at devolving power to the states were responsible, but Congress thwarted or diluted most of these. In truth, the change was more de facto than de jure.

Across the board, states have reclaimed the policy initiative. They are innovating, reforming, regulating, and yes, taxing and spending in ways that Congressional liberals can only envy. The Bush drug policy, it turns out, calls in actuality for two to three times more new spending by states and localities than by what we used to call Uncle Sugar.

The states' resurgence does not even stop at the water's edge. In trade, the State and Commerce departments frequently find themselves spectators to bilateral deal making by governors. As of this year, more states are maintaining field offices in Tokyo than in Washington. Kentucky has recently floated an $80 million bond issue in Japan, yen-denominated.

Let's suppose for a moment that these trends can be arrested. Maybe a real implosion of the Soviet empire will produce a "peace dividend" well beyond the cuts of the past five years. Maybe the boom of the '80s will become even louder in the middle-aged, productive, high-income '90s. Maybe Washington will summon the courage to bell the entitlements cat and come into some "mad money" once again. Will it make a difference? Will central government become central again?

I think not. Still bigger forces are taking us elsewhere.

Let's start, as great trends usually do, in the world of ideas. Robert Heilbroner, who wrote to my generation of students on the merits of Maoism, now writes, "The contest between capitalism and socialism is over: capitalism has won." Earlier, Jean François Revel commented from France, "Anymore, when we want a Marxist for a debate over here, we have to import one from an American university."

The wholesale rout of Marxism as a credible economic theory has greatest importance, of course, for those enslaved millions who have endured its practice. But the behavior of free nations will be affected as well. Even before the abandonment of central planning by the East Bloc, Western governments were rearranging their policies away from central planning. The American tax-rate cuts of 1981 and 1986 touched off a furious round of modeling. Fifty-five countries have reduced their top rates, and only two have raised them, since 1984.

Privatization of parastatal industry is now the rage worldwide. Many LDCs

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The Darkness Will Never Be The Same.

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are moving even faster than the multilateral lenders, who underwent their own conversion earlier in the decade, prod them to move.

Finally, as my Hudson Institute colleague George Gilder has depicted in a brilliant new book, technology, led by microelectronics, is irresistibly pulling decisions downward and outward from central authorities of all kinds. Capital can evade and escape the clutches of the state. It already moves in international commerce in amounts rivaling the annual U.S. federal budget *every day*.

An economy more creatively destructive than the free-market theorist Joseph Schumpeter ever envisioned dissolves and reforms industries faster than government can regulate by business: the Chinese are more at risk from disinvestment and curtailed tourism than from any sanction George Bush could impose.

Natural resources and geographic position, the main historic objectives for which mighty central power has been assembled and employed, are less and less relevant to the production of wealth. A silicon chip is one percent raw material and 99 percent mental input. Barren rocks off the Asian mainland, half a globe away from their biggest markets, now house the earth's most dynamic economies.

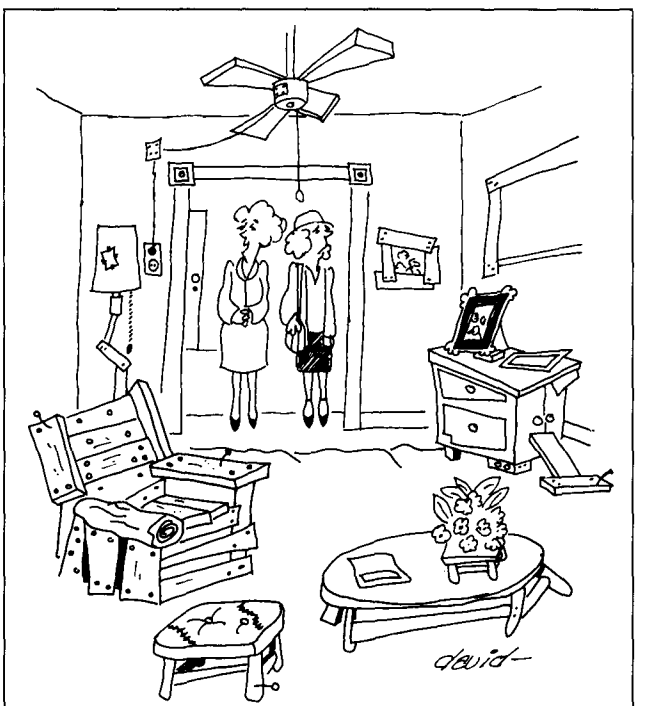
As one totalitarian state after another has learned, their essential power to atomize society and isolate their population is ineffective before the arsenals of faxes, phones, and modems that now enable humans everywhere to reach each other, within and across national boundaries.

In this world, attempts to reconstruct greater central authority will wash downstream against an overwhelming current. Paul Johnson has observed, "Scientific genius, for good or for ill, impinges on humanity far more than any statesman or warlord." The science of the late 20th century impinges against the statesman and against the warlord on behalf of the small, the nimble, the decentralized, the private.

Churchill, describing the nonstop activism of the first Gladstone government, called it the "Golden Age, when Liberalism was still an aggressive, unshackling force."

In this framework of "aggressive unshackling" lies the continued viability of government in an age of liberalism more golden, because it is more global, than Churchill imagined. Active policies that liberate, enable, and empower individuals will be needed and, I think, demanded.

To cite only a few examples, centralized action is needed to create the liberating infrastructure of the era ahead. Fiber-optic cable, connecting every home and workplace, will be the REA and the interstate highways of the next century, and it will unleash individual potential in massive degree. The digital network, a revolutionary force multiplier for small units of all kinds, must first be created by the standardization, deregulation, and perhaps direct investment of the federal government.



"Clifford has made so many things for the house since I bought him that home woodworking shop."

An entire empowerment agenda of vouchers, private ownership, and free choice awaits enactment. The federal government should forget about micromanagement in areas like education and transportation and attack the R&D deficiency that impedes adoption of new technologies. At less than $50 per employee, education invests in R&D only one percent of the average for all business, and 1/600th the investment of high-tech businesses. Instead of wasting billions on urban mass transit in an increasingly suburban society, the federal government could fund hardware and software development aimed at maximizing the efficiency of the national transportation system.

Our educational shortcomings notwithstanding, the Americans of coming years will be the best-educated, best-informed, and technologically most powerful individuals the world has known.

These Americans will be less and less prone to be herded into unions, political parties, or other group identities for the convenience of experimenting paternalists. They will make their own decisions with declining guidance from government at any level. Government that sees these citizens not as objects of therapy but as persons of innate dignity will be relevant government. Government that measures its success by the scarcity, not the annual increase, of its dependent clients can still be active government. Government that constantly searches for ways to attract, liberate, and incentivize human talent will be successful government.

A leading Democratic pollster recently emerged from a series of focus groups to say, "[P]eople were not expressing pro- or anti-Washington views. They just don't care. Washington is not a factor in their consciousness." He had glimpsed the future.

Secretary of State George Schultz once said to a few of us that he sometimes felt like the ant on a log in a rushing river. He said, "The ant runs and runs, believing he is rolling the log. But he's really just running to stay out of the creek."

Kurt Vonnegut proposed in *Jailbird* that the presidential limousine be outfitted with a toy plastic steering wheel, to remind whoever was president that he could only *pretend* to drive.

These are not the images I wish for federal government in our country. But if Washington is to avoid irrelevance, and an eon of Augusts, it will be because its oncoming leadership brings great creativity and due humility to the task of "aggressively unshackling" the energies of free beings everywhere.

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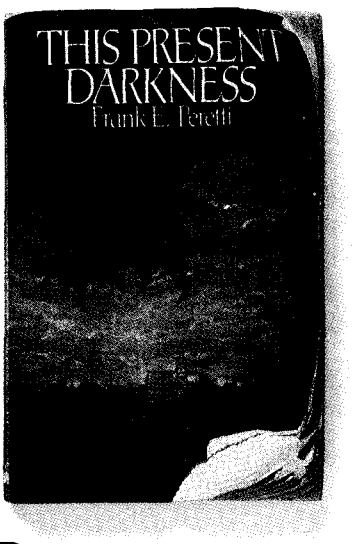
Here's Why.



Darkness is descending on small-town Ashton. Not just ordinary Darkness. Something more. Something strange and haunting. Something "alive" and terrifying . . .

Marshall Hogan is afraid. What is happening to his small-town newspaper, his friends, his family? Extortion. A brutal suicide. His daughter's bizarre obsession. Marshall is desperate, searching for answers, for help!

Meanwhile the Hosts of Heaven are watching, unseen, waiting for the hour when . . .

A riveting thriller – with penetrating insight into spiritual reality and the power of prayer.

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By Frank E. Peretti
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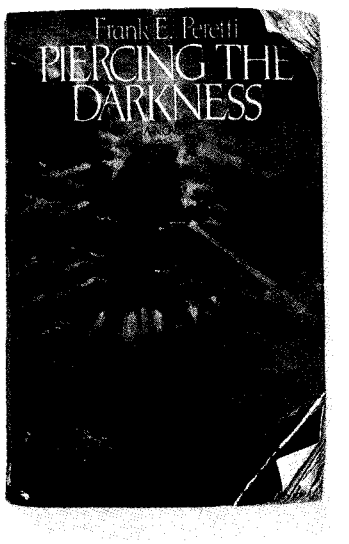

Darkness is stalking Sally Beth Roe. Not just ordinary Darkness. Something more. Something out of her past. Something twisted and hideously evil . . .

A young loner, a burnout, a "left-over" hippie – Sally is desperate, fleeing across a vast panorama of heart-stopping action to save her life . . . and her soul.

Caught in a titanic spiritual battle between Satan's hordes and Heaven's Hosts, Sally finds there is nothing she can cling to except . . .

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DEBORAH NORVILLE: TODAY'S RISING STAR

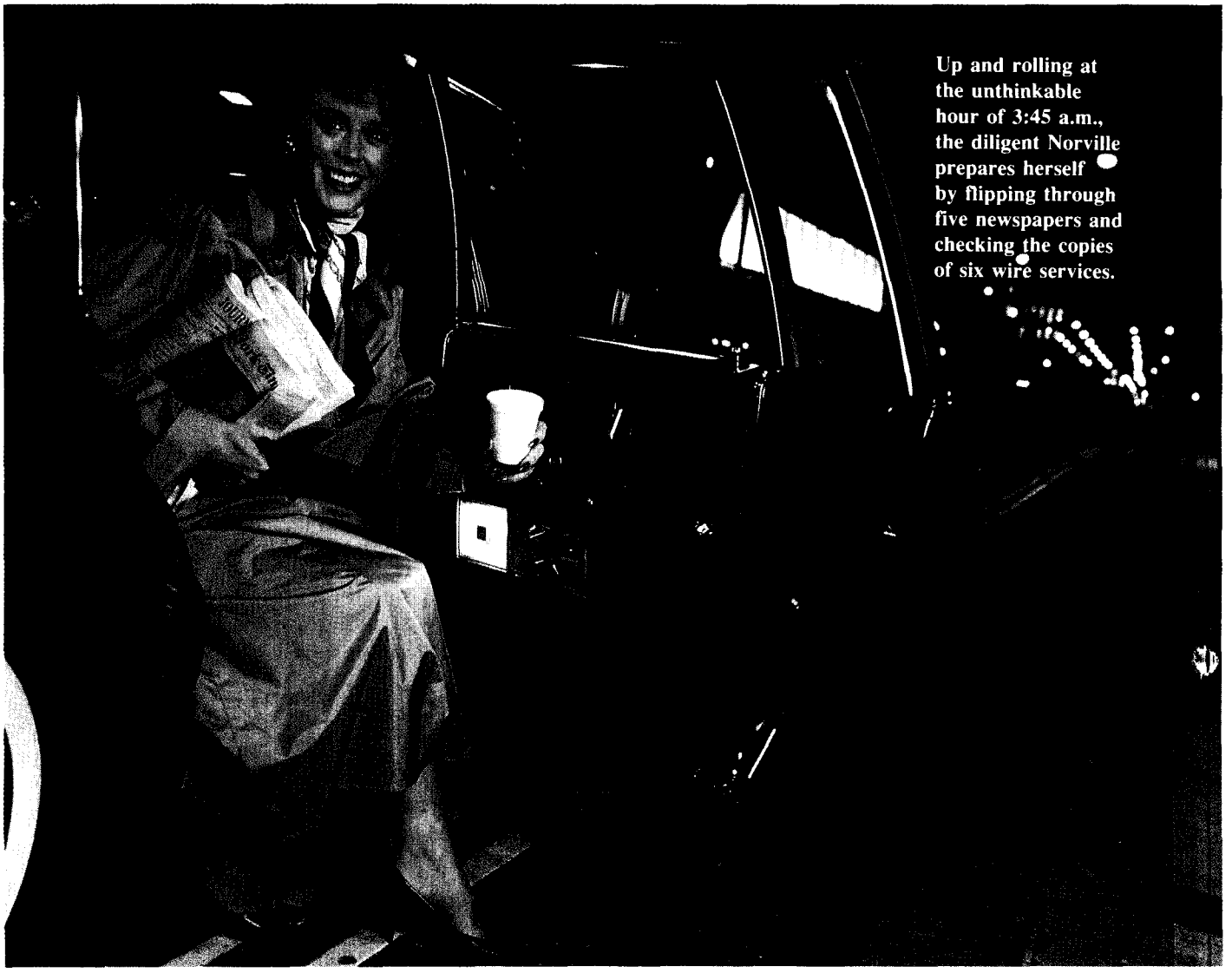
Among those who knew her when, there was little doubt that this bright, blonde beauty from a small Georgia town would make it to the top.

by Larry B. Dendy

It would have been a tough story even for a seasoned professional reporter. The U.S. Department of Health, Education and Welfare had issued an 87-page report in the spring of 1979. The report detailed what the University of Georgia must do to comply with federal Title IX requirements governing spending for women's athletic programs. Ponderous, rife with complex legal jargon, the document was a challenge for skilled lawyers. It certainly wasn't fodder for a college journalism class.

But journalism professors Bill Martin and Al Wise knew it was crucial to the 30-minute documentary on the Title IX controversy their students were producing for an advanced TV reporting class. There was a problem, however: the report was released on Friday, and production of the show began Monday. Which student would devote a weekend to studying and analyzing the complicated document and be ready with a script Monday morning?

The assignment went to Deborah Norville, an uncommonly bright and intense young woman whose broadcast skills had been honed reporting on the



Up and rolling at the unthinkable hour of 3:45 a.m., the diligent Norville prepares herself by flipping through five newspapers and checking the copies of six wire services.

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Blessed with a magnetic presence on camera, Deborah Norville rose quickly from WAGA in Atlanta as a weekend reporter to Chicago's WMAQ. Then it was on to New York as the anchor on NBC's "Sunrise" program before becoming a "Today" show regular.

Georgia General Assembly for the state public-television network. Although still a senior, she was already a weekend news reporter on Atlanta TV station WAGA. If any student could wade through the report and come up with an understandable explanation, Martin and Wise felt, it was Norville. When filming began Monday, Norville introduced the Title IX piece with a three-minute stand-up. Cogently and precisely, she explained the background of the controversy, summarized the major points of the HEW report, and led deftly into the documentary. It was a gem of concise, crisp reporting.

"She had no legal background, but she analyzed the report and got the gist of it perfectly," Martin remembers. Wise saved the tape and shows it to his classes today. "Deborah did that piece in one take, all from memory, and it was perfect," he says. "When I show it to students, they think it's beautiful. They are stunned."

With that knowledge of Norville's talent, Martin, Wise, and other journalism professors weren't surprised last September when their former student was named news anchor of NBC-TV's "Today" show. Nor were they shocked several weeks later by the announcement that Norville would succeed Jane Pauley as cohost of the popular morning program. Anyone who knew Norville as a student, they say, could have predicted her success. "Deborah was the kind of student a professor never forgets," says Martin, who taught advanced courses in broadcast news before his retirement. "She absorbed and retained everything she was taught. She certainly stood out as the best of the reporters and anchors in my classes."

Adds Dr. William Lee, who taught Norville communications law at the university, "She was exceptionally

In addition to cohosting the "Today" program with Bryant Gumbel, Deborah does outside reporting for NBC Nightly News with Tom Brokaw as well as documentaries.

hardworking and had a determination to succeed. She had a bearing and a self-confidence that set her apart, but she did it without being smug or conceited. If I could clone her attitude toward learning, and her willingness to work hard, life would be much easier for me as a teacher."

The star of the country's most widely watched morning news show, Norville received her journalism degree in 1979. The Dalton, Georgia, native maintains a strong allegiance to her alma mater, as she demonstrated shortly after joining the "Today" show. Following a segment on college mascots, Norville's cohost, Bryant Gumble, asked her if she had attended the University of Georgia. "My blood runs red and black," she responded, adding that she considers Georgia's bulldog, "UGA," to be the most famous college mascot in America.

• • •

Norville had originally planned to become a lawyer, but while competing in Georgia's Junior Miss pageant (which she won), she became intrigued by the TV coverage and decided to go into journalism.

Norville says that although academic work was important (she was in the honors program, was elected to Blue Key and Phi Beta Kappa, and graduated summa cum laude with a perfect 4.0 grade point average), the most valuable part of her student days was job experience. As an intern reporter for the public-television program "The Lawmakers," she covered two sessions of the Georgia General Assembly. In her senior year she reported for WAGA's weekend newscasts. "I'd leave the university on Friday afternoon and drive to Atlanta, and sometimes I had a place to stay and sometimes I slept in my car in the parking lot," she recalls. "I worked Saturday and Sunday; Sunday night after the 11 o'clock show I'd drive back and go to class Monday morning."

Between covering the legislature and anchoring the news show, she worked 90 to 100 hours a week during one three-month span. Professors weren't the only people she impressed in those early days of her career. The first legislator she interviewed for "The Lawmakers" was state Sen. Paul Broun, then chairman of the appropriations committee. "She asked me about the budget, and her questions were very perceptive," Broun says. "I was very much surprised that someone so young would ask such fundamental questions and get to the heart of the matter." Norville's demeanor, Broun adds, "almost made you feel that it was your responsibility to tell her what she wanted to know."

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When Norville graduated, at age 20, she went full-time with WAGA as a reporter and weekend anchor. She covered major stories, including Atlanta's missing-and-murdered-children case, Andrew Young's election as mayor, and Jimmy Carter's defeat for a second term. Popular and respected, she appeared to have a bright and secure future in Atlanta. But after 2½ years, she accepted an offer to become an anchor and reporter for WMAQ, the NBC affiliate in Chicago.

Norville says she made the move to prove something to herself. "I knew I could report in Atlanta. Chicago had the reputation, and still does, of being the toughest local news market in the country," she says. "Also, Chicago is known for producing the best network journalists in the country. Probably three-quarters of them have done time in Chicago. I had to prove to myself that I was in the right profession. I figured if I could go up there and keep my nose above water with the rest of the reporters I'd be working against, then maybe I'd chosen the right field."

Any doubts about her ability were quickly erased. She had been in Chicago less than a year when the tainted-Tylenol deaths occurred. She covered the story, and she later reported such stories as the Mexico City earthquake, the rededication of the Statue of Liberty, and the Middle East hijacking of TWA flight 847—for which she won a local Emmy Award. She won a Chicago Film Festival Silver Plaque for a documentary on missing and abused children, and she was a national Emmy finalist for a documentary on domestic violence.

Just as in Atlanta, Norville was a favorite of Chicago viewers. Part of her popularity stemmed from her involvement in fund drives for the heart association and the cancer society and her work in the fight against arthritis—work that had a deeply personal basis. Arthritis afflicts 43 million Americans and strikes one family in seven. Norville's family is one of those: her mother, a victim of rheumatoid arthritis, died during Norville's senior year of college.

Norville served on the board of directors of the Arthritis Foundation of Illinois and hosted fund-raising telethons. "I felt that was really important, because it gave attention to a disease that didn't get a lot of press," she says. "People knew who I was, and I thought that if I got involved, they would see me and say, 'If she has found some time to donate to this worthy cause, maybe I can find time to do likewise.' Whether it's to sit with an old person or volunteer at the hospital or deliver meals to shut-ins, everybody can do something. I really felt like it was an opportunity for me to be an example."

University of Georgia

An avid Bulldog fan, Deborah likes to return for big games to her alma mater, the University of Georgia, where, formerly the proverbial model student, she herself has become part of the college lore.

Her civic work also grew out of a strong belief that local newscasters have an obligation to their communities. "When you are a local television journalist, you are so much a part of the community," she says. "God has given me an awful lot. He didn't have to let me have the kind of success I've had as a broadcast journalist. A big part of the credit goes in that direction, and I feel real strongly that one way I can give back is to give my time."

One day while Norville was in Chicago, she was called by a man named Karl Wellner, the head of a fine art auction house in New York. They had mutual friends in his native Sweden. In town on business, he asked her to dinner. She didn't have time, but she did meet him for a drink. They hit it off, and soon they were conducting a weekend courtship by airplane.

Meanwhile, Norville had been periodically submitting stories from Chicago for the "Today" show, and her work caught the attention of network executives. When the "NBC News at Sunrise" anchor position came open, she was invited to fill in for a week as a substitute. Three weeks later, she was offered the job of permanent anchor. "I had a beau in New York that I was madly in love with, and my contract in Chicago was coming up, so the timing just worked out really well and I was able to accept the job," she says.

She joined "Sunrise" in December 1986, and for the next 2½ years she was the only woman to anchor a daily national newscast solo. When she departed last year, "Sunrise" was the top-rated early-morning newscast in the country. And though the schedule required her to leave for the studio at 2:30 a.m. and sometimes work until 6:30 p.m., Norville could at least see Wellner more often. A year after she came to New York, they were married.

Norville's move to the "Today" show last fall set off a cacophony of clamorous press reports, criticized by many for focusing improperly on Norville's beauty-queen good looks and for trumping up a nonexistent spat between her and Pauley. Norville branded much of the reporting "sexist," saying the change would not have drawn so much attention if she were a man. The uproar quickly played out, and Norville adroitly moved into her role as cohost.

Critics objected most to suggestions that—despite an impeccable academic

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Deborah calls her marriage to Swedish-born Karl Wellner, CEO of a New York fine art auction house, "the most wonderful thing that has ever happened in [my] life." The two met when he called her while on business in Chicago at the suggestion of her own relatives in Sweden.

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LIVING LEGEND LIONEL HAMPTON

After 60 years in the big band business, the "U.S. president of vibes" is putting his money where his heart is—endowing schools of music and erecting homes for low-income families.

by Maynard Good Stoddard

One night in 1936, Benny Goodman took a tip from his brother-in-law, a jazz critic, and joined the audience at the Paradise Night Club, a little beer garden in Los Angeles. The noted attraction was a hot young jazz artist named Lionel Hampton, who had created quite a stir doing incredible things with an exciting new instrument called a vibraharp.

After listening for half an hour, Goodman, who had just happened to bring his clarinet, came up to the stage and said, "I'd like to sit in."

The place was supposed to close at 3:00 a.m. But Hampton's band, augmented by the "King of Swing," jammed until 5:00 a.m.

A day and a half later, Goodman invited Hampton to come down to RCA's studio and cut a record with a drummer by the name of Gene Krupa, the pianist Teddy Wilson, and Goodman himself. This was the beginning of the swinging Goodman Quartet. After several records, including the two big hits "Moonglow" and "Dinah," Lionel Hampton became a featured member of the legendary Benny Goodman band—one of the first black musicians to play with an otherwise-white band. Although Hampton's career by this time had already left the launching pad, it was now in orbit.

In *Hamp: An Autobiography*, the jazz master, now 81, recalls his introduction to another musician destined to become a fellow giant in the world of jazz. Through his uncle's frequent hot Jazz Age soirées in Chicago, young Hamp met the most popular cats of the day, including Jelly Roll Morton, Bix Biederbecke, Mugsy Spanier, and Joe "King" Oliver and His Creole Jazz Band, to name just a few. He remembers best, however, the night Uncle Richard brought around a

First, the man became a musician, the musician became a celebrity, and the celebrity became a legend. Finally, when the appeal of the music and the qualities of the man had transcended fame, Lionel Hampton became an institution: The Lionel Hampton School of Music on the campus of the University of Idaho. Today, 250 music majors, 24 faculty, and the annual Lionel Hampton-Chevron Jazz Festival carry on the Hampton tradition.

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young unknown trumpet player named Louis Armstrong. What Hamp didn't know at this time was what a difference the two were to make in the popularity of jazz.

It is quite possible that Lionel Hampton began beating out rhythm with a rattle on the rails of his crib in Louisville, Kentucky, where he was born. Thirty years later, his unique style on the drums landed him a job with the Cotton Club band at the handsome salary of $90 a week under contract. And what a drummer he was. The tap dancers who came on the floor didn't even need taps on their shoes—Hamp made all the right taps for them on the drums. After Hamp performed this service for a tap dancer named Bo Didley, Bo began finishing his performances actually standing on his head while Hamp made the taps on the drums.

The owner of the club, Frank Sebastian, liked this kind of novelty so well that he came up with the idea of having a second set of drums brought to the dance floor while the popular young drummer was performing his solo. Then the band would start playing "Tiger Rag," and Hamp would suddenly run to the other set and begin running around the drums and throwing his sticks into the air. The band would point their instruments like guns, and the crowd would yell, "Where's the tiger?" while Hamp screamed as if the tiger had its teeth in him. At the finish, Hamp would jump on the drums for safety.

"I loved doing those antics," he confesses. "To me it was showmanship, and I have always been Mr. Showmanship."

It wasn't long before the band became billed as Louis Armstrong and His Sebastian New Cotton Club Orchestra. Armstrong took a special liking to the way Hamp could play the drums and the bells and to Hamp's ability to mimic all Louis' solos. Hamp told Armstrong how he used to walk the wintry avenues to catch laryngitis so he could sing in Armstrong's unmistakable style.

When Louis Armstrong went to Hollywood to make the movie *Pennies from Heaven* with Bing Crosby, Lionel Hampton was the masked drummer in the band under Louis' direction. Concerts, live radio broadcasts, and recordings soon followed, including such hits as "I'm a Ding Dong Daddy" and "Body and Soul."

Hampton always carried fond memories of Louis Armstrong. Years later, the two jazz greats, while at the San Remo Song Festival in Italy, were invited to a special audience with Pope Paul I. Both were awarded the Papal Medal for bringing joy and happiness to the world with their music. Afterward, the pope asked them to be his guests on a tour of the Vatican Gardens and the Sistine Chapel. Looking at the pope, Louis said, "Maybe next time, Pops." (He called everybody pops, Hamp says.) "I have got a plane to catch."

"We all left after that," Hamp says.

Although madly in love with his music and dedicated to his career, Lionel Hampton couldn't resist a "beautiful, tall, light-complected, part-Indian girl" he had first met at a party his band had played for. She was a career woman who worked as a seamstress for the movie studios, with such stars as Joan Crawford and Marion Davies. Gladys would become his wife, occasionally the singer for his band, his mentor, his manager, and his astute business partner.

Gladys soon decided Hamp shouldn't be running around the stage pretending to be bitten by a tiger. Gladys also thought he should be better paid. She controlled the purse strings, leaving Hamp his daily allowance on the bureau. It was Gladys who urged Hamp to form his own band and who helped him parlay his talent into a multimusic empire of recordings, music publishing, and performing, not to mention a lucrative real-estate and business portfolio.

After Gladys' death from a heart attack in 1971, Lionel felt that half his life had passed away with her. In a way, Hampton continues to feel so to this day. He sought solace in philanthropic projects. His first thought

Lionel's wife, Gladys, bought him his first set of vibes in the early 1940s. Since then, Lionel has given many an instrument to encourage youngsters in music. After Gladys died in 1971, he built a housing development in Harlem in her memory. Many believe it was her inspiration and that of his grandmother that created in him a philanthropist's heart for helping others.

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was for a school of music in Harlem, and he talked about it to anyone who would listen. But one influential listener told him, "Yes, we need your university. But more than that we need housing."

The Lionel Hampton Houses of 355 apartments now adorn Eighth Avenue and 131st Street. Soon after this $13 million complex was opened to moderate- to low-income families, the 205 low-income units of the Gladys Hampton Houses hit the drawing board. The proceeds from both projects went into the Lionel and Gladys Hampton Scholarship Fund.

Hamp set up music scholarships at the University of Southern California, Duke University, and several other schools. "I was doing formally what I have always done professionally—teaching young musicians," he says. Quincy Jones even took out an ad in *Jazz Times* saluting Hamp: "If it hadn't started with you—I wouldn't be nothin'."

Of all the honors, the honorary degrees, the awards, the recognition by presidents and royalty, Lionel Hampton is proudest, perhaps, of his efforts in setting up a Jazz Festival Endowment Fund at the University of Idaho. The school had been hosting its jazz festival for almost 20 years, but this fund—which Chevron also helped get off the ground—was to make sure they would continue. The school thanked both participants by renaming the affair the University of Idaho Lionel Hampton-Chevron Jazz Festival.

In 1987 the University of Idaho gave him an additional honor when the U of I president, Richard D. Gibb, announced that the university was renaming its music school. The proclamation, which Hampton has included in his autobiography, reads in part: "Whereas, Lionel Hampton, a Goodwill Ambassador for the United States of America, has done more for the understanding of all nations than perhaps any other human being . . . and through his steadfast dedication to making jazz and through his infectious enthusiasm and profound sincerity for his art has made a unique contribution to American music, and one to be cherished . . . the University of Idaho School of Music is hereby proclaimed—the Lionel Hampton School of Music."

"That was a proud day for me,"

A lifelong supporter of St. Rita's parish in Indianapolis, Lionel called the tune in five benefit concerts to finance a new parish school in 1964. Bishop Fulton J. Sheen heard that kindred spirit when he keynoted the dedication ceremonies.

Lionel has always felt a keen sense of responsibility to aspiring musicians, even the youngest. In the 1950s, Lionel was always a welcome visitor to Mrs. Duval's music class at St. Rita's school in Indianapolis.

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Hamp says. "That was a great school, with 25 full-time and 8 part-time faculty, and a bunch of talented, dedicated students. Still is a great school. I give American jazz history workshops there regularly, and I've had guys in my band out of the University of Idaho. I always did like Idaho, and I'm pleased to have such an important reason to go back there a lot." Lionel Hampton has also named the University of Idaho to one day receive his extensive library, both letters and music, his musical instruments, and all his memorabilia.

Besides accepting honors and throwing himself into humanitarian works, Lionel Hampton maintains a playing schedule that would make a younger man consider a rest home. Besides 32 engagements in the United States from New York to New Orleans and New Jersey to California, there was also—in a matter of just over three months—a 15-day gig in France and a 10-day musicians' excursion to Tokyo, Japan.

At 81 years young, Hamp still cavorts about the stage like some neophyte trouper trying to impress his first paying customers. He is always smiling, enjoying his own playing as well as that of the others, and expressing that pleasure by "yeah-ing" whenever the spirit moves him. He still plays the vibes, drums, and piano, and sings as only he can.

"I keep contemporary. Go to one of my concerts and you'll hear the latest popular songs as well as the latest jazz tunes," Hamp says. And for all his years, Lionel Hampton is still an innovator. "I did some stuff on the vibes last night so wild it scared me," he says.

It appears, as it always has appeared, that if you want excitement, Lionel Hampton has it to spare. One reviewer captured that spirit best when he noted, "He seems to have invented energy."

When the jazz genius turned 80 in 1988, a 75th birthday celebration was held for him at Town Hall, with Bill Cosby as host. Seems that Hamp had been giving out his birth date as April 20, 1913. "But when you get to my age," he says, "five years one way or the other doesn't make much difference. To me the most important thing was how I felt, and believe me, I felt a lot younger than my years. The secret is keeping busy, and loving what you do."

Sisters at St. Rita's parish school posed here with a young Lionel Hampton (center) and the bright-eyed children whose lives he would enrich. His benefit concerts poured lifeblood into this needy Indianapolis parish, which now, thanks to him, includes a school, rectory, day-care center, and convent.

Lionel stopped by campaign headquarters, where another world-class talent, the boxing great Joe Louis, was fighting for Adlai Stevenson in the 1952 presidential election. But Lionel's sympathies were in the other corner. An Eisenhower supporter, he was invited to play at the Presidential Inaugural Ball the following January.

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MY MUSIC, MY LIFE

A lifetime of music making well-known to listeners has been brought now to readers in Hamp: An Autobiography, *by Lionel Hampton with James Haskins. The* Post *takes great pleasure in sharing these excerpted observations from a man who first wrote for us in 1954.*

by Lionel Hampton

I was born on April 20, 1908, in Louisville, Kentucky, to Charles Edward and Gertrude Morgan Hampton. My father was away a lot. My mother didn't want to be alone with a baby, so she moved back to Birmingham, Alabama, her hometown. I don't remember anything about my father. When America entered World War I, he went into the army and was shipped to France. Within a few weeks he was declared missing in action.

Years later, we were giving concerts in Dayton, Ohio. A boy named Johnny Lyttle used to hang around the bandstand whenever we played. One

The legendary Benny Goodman Sextet spotlighted jazz giants Charlie Christian on guitar, Gene Krupa on drums, and that most enduring talent, Lionel Hampton, on vibes. The photo is an inscribed memento from Christian to Hampton.

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day, Johnny said, "Why don't you ever visit your father when you are in Dayton?" I said, "I don't have a father. My father died in the war."

Then Johnny told me about the old gentleman in the VA hospital who said he was the father of Lionel Hampton, the vibraharpist. His name was Charles Edward Hampton, and he'd been exposed to mustard gas in France. He'd come home blind and spent many years in the hospital. So I went to see him.

We walked into the room and they took me over to this distinguished-looking man. I had never seen a picture of my father, but when I looked at that man I knew he was my father. There was no shadow of a doubt. He looked just like me.

I spent a whole day with my father. He talked about the years of darkness and loneliness. He said he started hearing about me being a big musician and was proud to tell people, "That is my son."

The only "father" I knew in my early life was my grandfather, Richard Morgan. He had a job working as a fireman on the railroad. When the train came through the black part of Birmingham, we all lined up beside the track. The porters would throw out food to us, and my grandfather would shovel out some coal on the side of the road so the people could keep

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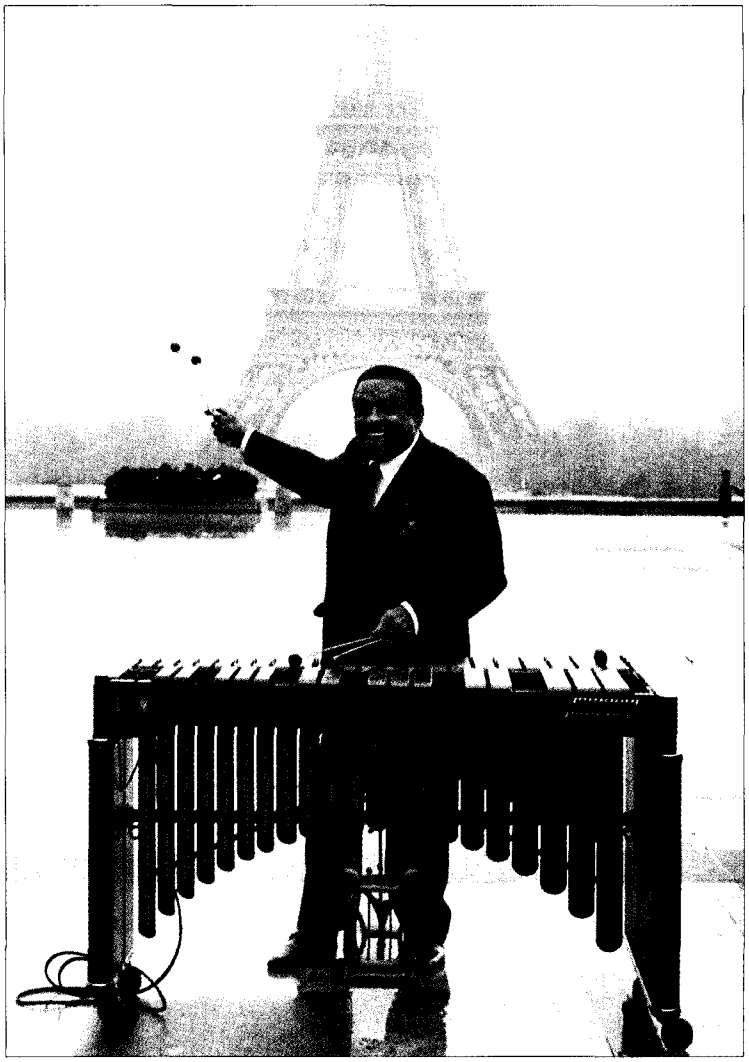
On September 4, 1986, Lionel was honored as "One of a Kind in World Jazz" at a banquet in New York City. A future mayor, David Dinkins, was counted among his admirers.

Lionel writes, "George Bush and I go back a long way, to the '40s, when he was a kid and I played on the campaign trail for his father, Senator Prescott Bush, in Connecticut."



Vive le Lionel! In 1984, Paris saluted the vibrant vibraharpist with a parade, a gold medal, and a jazz club named for him at the Hotel Meridien. Lionel responded with an impromptu concert in front of the Eiffel Tower.

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At the Hampton School of Music's jazz festival, Lionel dances to the beat while former band members Benny Powell (left) and a hatted Al Grey, along with his old friend Carl Fontana, blow out the chorus.

Lionel and Benny Goodman grew up together musically and grew old together with style. In 1978, they celebrated the 40th anniversary of their historic Carnegie Hall concert.

Former partner and perpetual fan Benny Goodman brought the movie beauty Ava Gardner to Lionel's 1948 opening at New Jersey's Meadowbrook.

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LIFELONG DEVOTION: A GODDAUGHTER REMEMBERS

Lionel Hampton and his wife, Gladys, nurtured and watched over the daughter of their close friends Charlie and Freda McMurray, making sure she had a crib, the right clothes, and good schools to attend. As much as he could, Lionel shared his wide-flung life with Pat, and she shared her heart.

by Steve Mannheimer

Back in the 1930s, Indianapolis was one of the most active stops on the national music circuit. Benny Goodman's orchestra came to town frequently, bringing along its two rising stars—Lionel Hampton on vibraphone and a kid named Frank Sinatra as vocalist.

The band would play the mainstream theaters downtown, including the lavish Indiana Theater on Washington Street, the city's main thoroughfare. The act attracted a wide range of jazz enthusiasts, from the silk-collar crowd to the less well-heeled.

As Lionel remembers in his autobiography, an Indianapolis postman named Charlie McMurray was one of their least affluent but most ingenious fans. "He got the idea of pretending he had special delivery letters for Benny or Sinatra," Lionel writes. "He'd put his wife in the trunk of the car and smuggle her into the back of the Indiana Theater to deliver those special deliveries."

That so impressed the band that they invited the McMurrays and their teenage daughter, Charline, backstage to watch the next show. Charline was hearing impaired, but she was still an ardent fan. Sinatra stood sideways to the microphone so the young lady could read his lips while he sang.

Grateful and delighted, the McMurrays invited Lionel and his wife, Gladys, home with them, thus beginning a lifelong friendship, formalized when Lionel and Gladys, who remained childless, became godparents to the McMurrays' daughter Patricia, born during World War II.

Pat, now Mrs. Pat Marsh, recalls the social realities of the time that brought the two families together. "In those days it was awfully difficult for a black [family] to find a place to stay, to find a room because of segregation of the hotels, and the black hotels were not really a place you wanted to stay," Pat says.

"But Dad took them home. Aunt Gladys and my mother got along famously. They both loved to sew, and Aunt Gladys had been a seamstress for Joan Crawford."

The Hamptons stayed with the McMurrays whenever they came to town. Lionel remembers it simply and modestly: "Gladys and I got real tight with that family." And he still recalls Freda McMurray's down-home cooking, the greens and beans, fried chicken, and barbecued pig's feet.

And he remembers when he and his wife came to town Christmas Eve 1942, to find two-month-old Pat sleeping in her parents' bed because the McMurrays couldn't afford a crib. Gladys marched straight out to the city's main department store, bought a crib, and had it delivered that evening, despite the protests of deliverymen anxious to get home. Again, with

Mike SerVaas

Patricia Marsh and her daughter Vita share a memory from the December 18, 1954, issue of The Saturday Evening Post. *Pat was only 12 when her godfather, Lionel Hampton, penned "Me and Benny Goodman." Today, Lionel is still very much a part of their lives.*

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characteristic directness, Lionel remembers, "Gladys was a strong woman." And resourceful: "Gladys took some of Freda's sheets and cut them down to make crib sheets for the bed, and no baby of a Rockefeller ever had a nicer bed to sleep in."

Pat Marsh smiles when she remembers her family's version of that story: "Uncle Lionel and Aunt Gladys evidently monitored the pregnancy as if *they* were having the child. Aunt Gladys said, 'I will not have *my* child sleeping between two people.'"

Lionel's devotion to his goddaughter grew over the years to include those around her. As a youngster, Pat attended St. Rita's parish school, a poor black parish that combined church, rectory, and school in one building. There were only four rooms for all eight grades, fake brick siding on the walls, an unfinished basement space, and one merry-go-round in the schoolyard. The priest, Father Strange, slept on a couch behind the altar.

Charlie McMurray and Father Strange put their heads together and formulated the idea of a benefit concert to patch up St. Rita's. Then they dug up $40 to send Freda McMurray to New York to talk to Lionel—well, to Gladys, anyway. "Mother sat down with Aunt Gladys and talked and talked," Pat tells it. "And when she came back, she had an agreement not for *one* benefit concert, but *five*."

Lionel's gift extended beyond Pat's school years, producing the St. Rita's that can be seen today: the church and separate buildings for the school, rectory, day care, and convent. His years of generosity drew nationwide attention to the humble parish. Bishop Fulton Sheen presided over St. Rita's school dedication ceremonies in 1964.

And, of course, Lionel continued to be the guardian angel for Pat Marsh's family as well. He bought her first cotillion dress, and later he put her first daughter through college. When Pat's younger daughter decided to major in international studies, Lionel arranged for her to spend a year in Europe.

For all his fame and fortune, for all the signed photographs on his wall of presidents and mayors, movie stars and great musicians, Lionel could not ask for a more heartfelt and authentic testimony than Pat Marsh's: "He's a very kind man, a very caring man, a very sensitive man. He's given a lot more than even I realize. He's always been there for me."

In her 1959 debut, 17-year-old Pat McMurray was a picture of poise and pride, her fresh beauty perfectly complemented by the gown given to her by her godfather, Lionel. Without children of their own, Lionel and his wife, Gladys, treated Pat as their child from the day they bought her first crib. When Pat had children of her own, they became Hampton "grandchildren": Lionel sent them to college.

Lionel's goddaughter, Pat McMurray, was a wide-eyed young lady on her way to watch Mayor Richard Lugar present the key to the city to one of Indianapolis' best-beloved adopted sons. Honored in cities from New York to Paris, Lionel kept a special place in his heart for Indianapolis and its musicians and fans, including his biggest fans, the McMurrays.

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EDITORIAL

IT'S A SLAP IN THE FACE OF AA

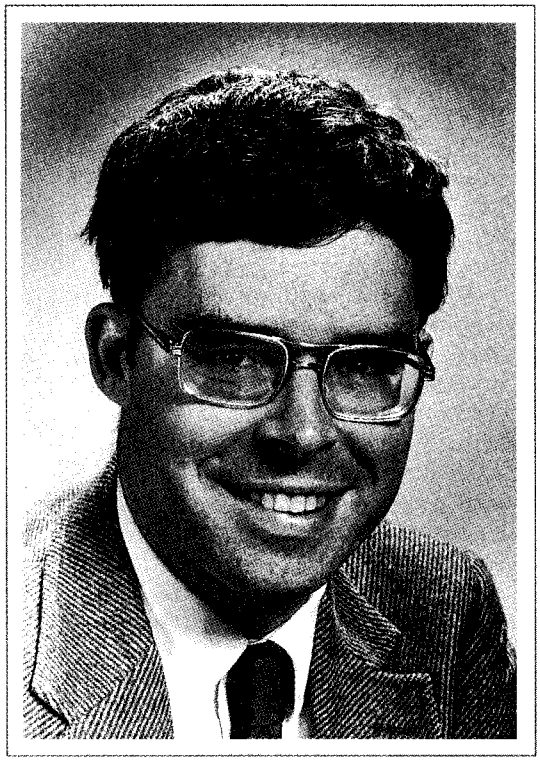
New legislation designed to open doors for people with disabling diseases may be closing doors to recovery for alcoholics.

by Russ Pulliam

Buried in the fine print of a civil rights bill in Congress is the question of whether alcoholics and drug addicts need more civil rights. Or do they need to assume more responsibility for their own problems?

The Americans with Disabilities Act is designed to open up doors of opportunity for people with various kinds of handicaps, providing for ramps for wheelchairs and specially adapted restrooms in a wide range of places. The legislation, already approved by the Senate and a committee in the House of Representatives, will come up this year in Congress.

Underlying the legislation is the assumption that alcohol abuse is a disability that also deserves special accommodation, on the grounds that alcoholism is a disease a person is not responsible for getting.



Russ Pulliam, an editorial writer for *The Indianapolis News*, is a frequent contributor to the *Post*.

The disease theory takes many forms, sometimes pointing just to the physical damage alcohol abuse does cause the body. Some people can never control their drinking, and genetics may be the cause. Proponents of the disease theory argue that it has helped some people realize they have a problem, a need to get treatment and to abstain from alcoholic beverages. But critics of the theory suggest that it relieves responsibility for the drinking problem, and they also note that the medical field has not come up with a sure cure.

"The more psychologists and attorneys dismiss forms of misbehavior as uncontrollable compulsions, the less people are held accountable for their actions—even when they have harmed others," writes Stanton Peele, a consultant with Mathematica Policy Research in Princeton, New Jersey.

"Creating a world of addictive diseases may mean creating a world in which anything is excusable," he adds in his *Sciences* magazine commentary.

Trouble from the disease theory abounds when it is introduced into the legal system, especially as a matter of civil rights. Specialists who help people get off the bottle emphasize the responsibility of the alcoholic to recover and abstain from drinking. In the hands of lawyers, though, the client is never at fault. It's always the fault of the employer, or the disease, or the employer's failure to offer treatment for the alcoholism at the right time or the right place. That approach suits the alcoholic just fine, because one of the symptoms of the problem is to blame everyone else.

At this point, "civil rights" for alcoholics could hurt alcoholics badly. What's needed for recovery is not civil rights, which leads to lawyers and lawsuits. The need is the alcoholic's growing sense of responsibility.

One of the most effective responses to alcohol abuse has been Alcoholics Anonymous, which places heavy stress on the responsibility of the alcohol abuser through the Twelve Steps.

"Make a searching and fearless moral inventory of yourself," declares one step, followed by, "admit to God, and to yourself, the exact nature of your wrongs. Be entirely ready to have God remove all these defects of character." Other steps include restitution to offended people.

The principles of AA don't include a list of civil rights for the alcoholic. Adding this problem to a legal list of disabilities is not just bad law and bad policy. It's a slap in the face of Alcoholics Anonymous and its work with people for so many years.

So far drug addiction has been successfully removed from the legislation, on the sensible grounds that drug addicts do not need additional civil rights at a time when the federal government is declaring war on illegal drugs. The next sensible step is to take alcoholism out of this legislation as well. Civil rights and alcohol abuse make a bad mix.

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THE GREENHOUSE EFFECT COMES HOME

Green Thumb tries to block the view of old Black-and-blue Thumb by turning their homestead on a hill into a jungle.

by Maynard Good Stoddard

Illustrated by Don Trawin

Thumbs come in two categories: green thumbs, such as my dear wife's, and black-and-blue thumbs, such as mine. And one of the reasons for the black-and-blue thumbs—at least in my case—can be traced directly to the green thumbs.

Where I got off on the wrong foot—I also have a black-and-blue toe, in case you are interested—was in saying to Green Thumb, "Of course I don't mind if you have a few plants around the house." I took "around the house" to mean around the outside of the house. Had I suspected she would also be bringing the blooming flora inside, I would have put my foot down, black-and-blue toe and all. But we'll get to that.

She would first take advantage of my innocent approval of her scheme to go "cart blank," as they say, and convert the area around the termite-convention hall we call a house into Tarzan country. I place some of the blame for this jungle on the state forestry department. Had its ad for trees been in lots of six, say, or even a dozen, I might still be able to see the sun occasionally. The offer, however, was in lots of 200, take it or leave it. My dear wife took it. And as soon as my backbone no longer resembled the contour of a croquet wicket from planting the things, she ordered a second lot of 200 trees.

Have you ever seen a three-acre plot supporting 400 trees? Nor will you see it, I can clue you. This wilderness, now extending from the house to the space I call a garden, required me to blaze a trail to avoid being lost on my way to hoe the vegetables—the few that survive despite the fact that they get only a few minutes of sunlight each day at high noon.

Behind the three acres surrounding our abode we have ten acres of mostly woods. But would she want to plant the new trees out there where they'd have company? Heavens no. With no trees in the front yard, I might be able to reach our mailbox down on Big Four Road without having to climb the line fence and detour through Abrell's pasture. And if Abrell's bull happens to catch me at it, dear wife wouldn't want to miss the entertainment of watching me vault the fence faster than I went over the first time.

To keep snow from drifting across the driveway, she had me plant a "hedge" of what she called harvest, or mountain, olive—mountain olive being the most appropriate, because you can stand there and see the things mount. After they had attained a height of 20 feet or more and the branches extended across the tracks until I had to hack a trail through the trees for the car to reach the road, I cut the dumb stuff down to size. Dear wife was out there the very next day with a sack of Miracle-Gro and the garden hose, murmuring encouragement to the immortal remains. As of this writing our mountain olive hedge is again mounting toward the 20-foot mark, and I am again honing my pruning shears. And so it goes between us.

Considering the three acres surrounding our Taj Mahal, as the termites no doubt refer to our dwelling, one would think I'd have some lawn, wouldn't one? Not this one. Oh, I had a lawn—but only until the other one saw this vast 20- by 30-foot expanse being wasted on nothing but plain old grass. The area, she reasoned aloud, might better be converted into a rock garden with sandstone boulders lugged up from the creek bed by you-know-who. Never mind that you-know-who would be running the risk of being decorated by a truss for the rest of his natural life, if not beyond. And

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an angel wearing a truss in heaven would be *so* conspicuous.

And what by now has replaced my expanse of plain old Kentucky blue? You guessed it: beautiful Canadian thistle, lovely knotweed, gorgeous shepherd's-purse, and the exotic spotted spurge.

The view being our No. 1 reason for squatting on this high and windy hill, I agreed to underwrite the cost of enclosing the front porch with windows, eight along the front, two at either end. From this vantage point we could look down on the blinker-light settlement of Freedom (Indiana, that is) and the White River winding its way down to join the Wabash. Evenings would come alive with security lights dotting the bluffs across the valley.

And it worked out just the way it had been envisioned on my mental drawing board. For—oh, it must have been all of 24 hours. By that time my dear wife had filled the foot-wide ledge beneath the windows with flora carefully selected to block out everything but the eaves trough by day and the planet Venus by night. When finally I discovered a peephole that gave me a pretty good view of our spirea bush, she was quick to remedy the oversight by hanging a basket of trailing arbutus over the gap.

During the winter months, my dear wife's foliage, of course, must be brought into the house. We certainly wouldn't want the jungle to be wiped out by an epidemic of petunia pip, now would we? That's what you think. Anyway, that's where the Vigaro hits the air conditioner: where to stick the stuff once it's brought in?

Because the darlings must have access to light, my suggestion is tossed out pretty fast. Eventually they take over the window sills in both the kitchen and the living room. To get a view of the outside world, I must now unload the stepstool to climb up and peer over the tops of the begonias that won't be gone until weather permits. Once the window sills were filled, my dear bride of yesteryear decided it would be fun to plant the rest of her greenery in cast-iron pots and hang them from the ceiling. Macramé, she calls it. I call it a headache. She, being 5'5", can walk under these bell ringers with an inch or so to spare. I being six feet (I *was* six feet, but no telling what I've been hammered down to by this time), they meet me just above the eyebrows. Thus, my once-noble head, which would formerly have taken the blue ribbon at any state fair in the country, now feels in the dark like a Hubbard squash.

I know just what you're thinking. You're thinking, *If encounters with these crackpots have left any sense at all in your battered skull, you would learn to avoid them.* That's because you don't know the wiles of my dear wife. Once I have learned a safe route through her floriated minefield, she changes the layout of the place. My route to the bedroom—crawling along the back of the sofa—she took care of nicely by relocating one of her head bashers just beyond the end table I'd previously been bellying off before getting to my feet.

After a week of entering the house via the bedroom window, and having noted by the longevity charts that I had already outlived my life expectancy and therefore had nothing to lose, I straightened up and made a suggestion.

"Don't be silly," was the response. "If you took them up on the roof and hung them from the chimney, they'd get heat and sunlight all right, but don't you realize these plants are all producing oxygen for us to breathe? Or would you rather breathe something else?"

Don't you just hate it when a woman smarts off like this?

I know I shouldn't be harboring such thoughts, but if one of these cast-iron pots should fall and do my dear wife in, would the one who cut the chain be charged with pesticide?

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THE PURPLE MOCCASIN

A young runaway sets out to find Jesse James but soon discovers hidden romance by the side of the open road.

by MacKinlay Kantor

Illustrated by Matt Clark

Once upon a time there was a boy who had run away from home, and he said that he was going up into northern Missouri to find Jesse James.

The runaway traveled all day on unfamiliar roads, and his legs grew powerful weary; but still he kept on traveling, because he was in anger with his pappy. The bunting birds sang constantly, and I reckon they were surprised to see him loping down the rocky twists and turns that led into valleys he had never walked before.

It seemed as if the devil himself was pursuing, and nagging, and saying, "Hasten up, bubby. You've got a long ways to go, and you don't want Jesse James to be vanished when you get there."

And at sunset the boy came to a secret place beside a brown river. It was cool there, and you could smell the sweet marsh that neighbored the stream. A hot day's journey had brought that boy nigh the point where he was ready to fling himself down and cry his heart empty and dry. I have knowledge how he was feeling, for I was that boy.

I sat me down on an old log bridge across the stream; I let my sore feet swing close to the water, and I put my little bundle of possessions beside me. I wondered if my sisters were crying because I hadn't come back to take supper at home.

"Stop that!" came a voice. "Put down that gun, or I'll drill you."

And then, the next moment, I was standing square erect—shaking and scairt as any cat—for the sound of a shotgun going off takes an exhausted person by surprise.

Over in those woods I had just passed was where the shot came from. And now I could hear voices—a clear, high-pitched voice, and one that was deeper, but more threatening. I legged it across the bridge, because I was plumb certain that the Pinkerton men had sighted me, and that somehow they had got wind of my intentions about Jesse James.

But by the time I got to the far

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They eyed me for a spell. "Another wayfarer is present," cried the old man. "Kitty-cat, do you think he intends to dispute our crossing?"

shore, my curious nature had come alive; I couldn't have stirred another step until I saw just what was in those ..oods, and who had fired the shotgun, and who was roaring like the bull of Bashan.

Then they came out of the brush, moving mighty quick. The first was a little girl, and she went through the rails of that old fence like a garter snake. The second was a man—a tall one—with a shabby coat flapping about his thighs. He'd lost his hat sure enough, for his hair shone white and silvery in the dusk. He crossed the fence, but more dignified than the little girl; at first I thought he was toting a rifle along with him, but in the next moment, even through the gloom, I could see that it was only a spade. And a broken-handled one, at that.

There were firearms abroad, though; I hadn't mistrusted my ears. The bushes began to wave, and a strong-built man stepped into the open space behind the fence. He carried his weapon so that the muzzle was aimed threateningly at those two figures in the road. I scrooched low, but I was mighty near all eyes and ears.

"This is the second offense," said the man with the gun. "I don't need to warn you, mister, that the third offense will prove fatal."

The white-haired gentleman standing in the road kind of pulled himself together and straightened his coattails. "My friend," he said, "your boast is hollow unless you improve your marksmanship."

"The goodness of my aim hain't never been questioned," replied he who held the shotgun. "That time I fired into a buttonball tree, so as not to orphan this kid of yourn."

"Orphan or not," the older man told him, kind of loftily, "she'll acquit herself skillfully in the world. But I insist that you listen to reason, my good sir! I have only one purpose in visiting your property, and——."

The armed man swung back into the bushes. "Good enough purpose, too, I'll be bound!" he yelled over his shoulder. "You want that gold and you want that silverware. But if there's any digging to be done on this property, I reckon I'll hoist the shovel myself!" And then, before there could be a reply, he had gone crackling through the bushes.

I heard that tall bareheaded man say distinctly, "Flower of my life, I shall yet lift the purple moccasin from alien soil!" The little girl laughed with a terrified voice. Then the two of them came towards me, and they were halfway across the bridge before they saw the kind of lump I made, squatting there in the twilight.

He pulled up right smart, and the girl with him. They eyed me for a spell, and I managed to stand erect, though my knees were palsied. "Another wayfarer is present," cried the old man. "Kitty-cat, do you think he intends to dispute our crossing?"

The little girl made a few steps forward and peered at me. The sunset was far distant beyond that valley and the trees that rimmed it, but I swear it was reflected in the mane of hair that dressed her head, and I'll think about her every time I see embers glowing in the night.

"Why, Daddy," she yelped, "he's just a little boy!"

I was jealous of my age, and didn't admire to be called a little boy. "Howdy," I said, but my voice did sound mighty piping.

He came closer, until he could look into my face. "My son," he said, "you seem to be unhappy about something."

"No," I whispered, "it's just that I've been traveling."

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"Where from?"

An idea snapped into my head, quick as lightning. "Arkansas," I told him.

"Arkansas," repeated the stranger. He took note of my bare feet and the bundle in my hand, and he kind of chuckled. "My young friend, I assume from your demeanor and from the state of your attire that you are a wanderer drifting abroad like the tumbleweed blown from its native heath."

Well, I was flabbergasted by his speech, because folks didn't talk that way in our neighborhood. But I did manage to mumble out something about how I was going to attach myself to Jesse James, and Cole Younger, too, as soon as he got out of Stillwater.

"Ah," said this man, "Jesse James indeed! A ruthless man, no doubt, and given to incursions and forays."

"Mister," I said, "he robs banks and trains, and he don't give a hoot about Pinkerton men."

The little girl said, kind of pert, "I bet, little boy, he'd eat you up in one bite, if you came nigh to him."

" 'Near,' Kitty-cat," cried the tall man. "The word is 'near.' I resent your adoption of the colloquial phrase." He kept fondling that handle-broken spade, with the dusk growing thicker at every breath. He seemed powerful old, to have a daughter smaller than me.

• • •

The girl called "Kitty-cat" or "Flower of my life," as the case may be, came real close and poked her finger at my chest. "Boy," she said, "how old are you?"

"Mighty nigh onto 13," said I, kind of fuming, "and I'm no little boy, neither."

"Oh," said Kitty-cat, "you're scarcely older than I, because I'm just 12 myself! . . . Daddy, I guess he's the dirtiest boy I've ever seen."

The old man shook his head at her, and his long locks danced about his ears. "Impolite, Flora Katherine—highly impolite. Your own appearance is scarcely impeccable."

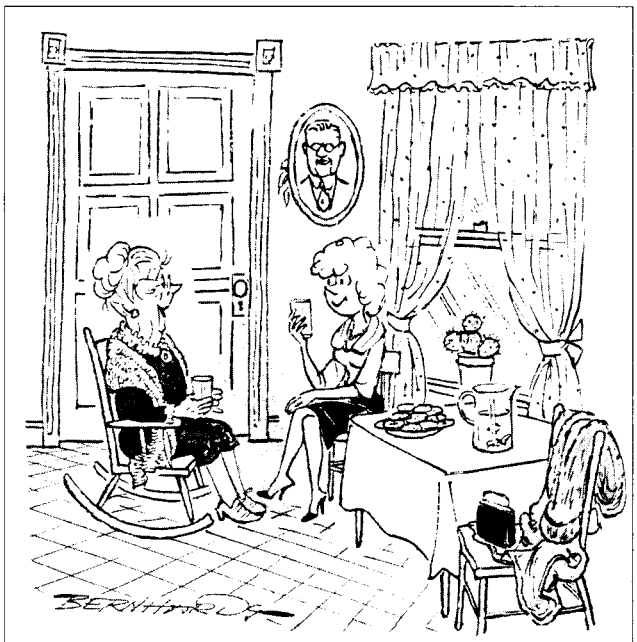
"Boy," she demanded to know, "what's your name?"

"Jesse," I said, "same as Jesse James. And I've got a weapon too. It's a pepperbox revolver that my Uncle Andrew gave me last year, and I've got it right here in this bundle." And then I added, in proud manner, "I'll show it to you, if you want me to."

"No," she said, "I don't like guns. That old man Travis just fired off his shotgun to scare us. And I was scared, and I bet you'd be scared too."

"I wager I wouldn't," I said. We glared at each other, though the gloom was getting so thick you could cut it with a knife.

All this time her father had been dreaming to himself—sighing, and saying over and over again, "Alien soil. Alien soil." But now he shook his head and clucked like a hen coming off her nest, and he poked his finger at me. "Jesse," he said, "fellow traveler of the unfriendly byways, have you broken bread of late?"



"True, I live in the past . . . and so would you, my dear, if you had ever been there."

Though folks didn't talk that way in our neck of the woods, my father used to read aloud out of books; I wasn't the ignorant little hillbilly that I looked to be. "Mister," I said, "I reckon I could eat a polecat."

"Inedible," he cried. "Absolutely inedible! Carnivorous mammal, *Mephitis mephitica*—wholly unfit for food. But, to return to my invitation, our stores are ample for our simple needs. I can sup very eagerly myself, despite my disappointment," and then he went to mumbling, uttering again that strange remark about the purple moccasin.

He led the way along the road past the bridge, and the little girl and I scampered after him. A kind of cavern opened up beside us, and it was a lane leading down to a forgotten ford by the brookside. The man went ahead, tall and straight and dreamy, with his silvery hair shaking in a little breeze that had sprung up with the falling of night.

But now it was dark in that tunnel through the trees, and I stumbled in all directions. Next thing I knew, Flora Katherine had reached out her hand; she pulled me along, because she knew the way over these roots and boulders, and it was kind of comforting to have her holding on to me. I thought of my sisters Melissa and Algy, and I kept blinking my eyes.

When I had blinked the wetness out of them, I could see a fire burning low, as if it hadn't been tended for an hour or two. There was a wagon with a canvas top, like movers rode in when they passed our house, but smaller; and there was an old white horse that nickered his head off when he heard us.

They had camped here for days and days. The grass was all tromped down, and there was a scattering of little things underfoot, and there was a tent set up beside the wagon. Not far away, the river chattered among its rocks and told a good and comforting message about the black bass and the little nibbling suckers that lived there.

"Kitty-cat," said the man, "do you put that skillet on the coals. And possibly our young visitor can fetch some wood from the pile. Unless I am gravely mistaken, a reluctant visitor or two may be quivering on our line."

So he vanished towards the river, and I went smelling around for wood. As for Flora Kitty-cat, she spread herself high, wide, and handsome around that clearing. She scooped the coals together and set the frying pan level and true; next minute she had dropped in some bacon. And after that, she was getting out a sack of fodder and shaking some loose for the old white horse, though anybody could see that he was fat as a pig already. And she called him Linnaeus, which was a mighty strange name for a horse.

"Why do you call him Linnaeus?" I

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demanded to know.

"Because that's his name."

"It's a crazy variety of name, if you ask me," I told her.

Kitty-cat said, "Well, I didn't ask you," and went right on feeding him.

"At home," I made bold to say, "a horse critter is named Dobbin or Maud or Betsy or Bill, or some decent-sounding name."

She snapped at me, "At home—where's that?" and I came close to saying "Rosy Ridge." But I thought twice, and gulped out "Arkansas."

"Linnaeus was a great man," she said. "He defined genera and species. He deserves to have a horse named after him."

I tell you, she made me boil, because I didn't admire having any girl fling that variety of language at me. But I swallowed my pride and went on building one side of the fire, while the bacon stewed and smoked and frizzled on the other side. Next moment we heard a kind of yell, which I reckoned was happiness, from the direction of the river. It was plumb certain that we wouldn't have to content ourselves with side meat.

"What's his name?" I asked.

"Who?"

"Your pappy."

"He's Doctor Samuel Sickles, Mister Jesse, and I'll thank you very much not to push those coals into the bacon."

Well, I got the coals out, but burned my fingers doing it. And I wanted to know whether he doctored horses or people, for those were the only two kinds of doctors that I knew anything about; no other kind had ever come a-visiting us.

"He's a doctor of science," she chirped, "and I guess that's what I'll be too, when I grow up. You're very clumsy, boy. Will you please get your legs out of the way, so that I can put this corn pone to get hot?"

Her manner was driving me wild; but Doctor Samuel Sickles came back, and he had two catfish, not big enough to be coarse and strong, but big enough to be worth eating. And that supper which we ate—there was a jar of pickles to go with it, and some apples, and peach preserves that had never been stewed over that fire—was something to remember. I reckon I'll remember it until I give up the ghost, no matter how tart and ornery Flora Katherine acted.

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There are strange miseries that enter the heads and hearts of older folks, which young'uns know nothing about. Doctor Samuel Sickles was now besieged by an ailment of that kind. For he did not eat sufficient to keep him alive. Soon he was silent and melancholy, over by his side of the fire; and the little girl undertook to nurse him; and she offered him the finest morsels of catfish and pone and pickles, but he didn't pay heed. He hunched down lower and lower, with the points of his shoulders going up against his ears,

"I wonder if it's not too late to sue my obstetrician."

and every now and then his voice would exclaim in sadness or contempt.

"What ails him, anyway?" I managed to whisper to Kitty-cat, when she gave me my last slab of fish.

"He's feeling bad about the purple moccasin."

"Can't he make one for his own self?" I wanted to know.

She looked reproving, and she told me that God had made this purple moccasin, and it was the only one in the world, so far as she knew.

I asked, "Is it a snake?"

"Oh, no!" she said, shivering. "I don't like snakes a bit. But this is beautiful."

By this time she was talking as loud as you please. Still, Doctor Sickles gave us no attention. He looked moody as a ghost that couldn't get back to its tomb, and when he stood up, he walked right into the frying pan, and he had no swear word to utter about it. The fire was low again, so it was hard to make out the figure of this old man, once he had wandered away from the embers. Though I could follow the red glow on his gleaming hair; and I saw him go to the tail of the wagon; and then, from somewhere, he had drug out a tin lamp and a watering pot.

He lighted the lamp and clumb up over the tailboard. For a while we could watch his tall shape shadowing around inside the canvas—all lit up, like a big black spook, by the lamp glow. He was doing strange things inside that wagon, and I reckoned I'd die of curiosity.

"Is your pap going to bed?" I asked Kitty-cat.

"We don't sleep there," she said. "He's just seeing after things."

"People always sleep in wagons," I told her, for plenty of movers had gone by our house, bound for Texas and the Indian country, and I knew their habits when I was just a little shaver.

But this Flora Katherine Sickles was as sharp as her name, and she told me to be more polite. She said that she wasn't allowed to sleep in the wagon, nor did Doctor Sickles allow himself to do it, and there wasn't room for them, anyway.

We were fussing and fuming at each other again, and our angriness got the better of us both, and then we didn't talk again for a long time.

I sat there cross-legged by the fire, and thought how many miles away my home was lying, and how badly I had been mistreated. And finally I was feeling lonesome and bereft, and I couldn't see the fire at all because my eyes were so blurry. Then, just when the spasms were rising and I thought they'd slay me in my throat, I felt a hard little hand take hold of mine, and there was Kitty-cat kneeling down beside me.

In the low firelight, her hair seemed too wonderful to adorn any living head, and it overcame my breath. For she did look like a kind of angel—although one that had been running loose in the woods, and tearing her

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HOW'S THAT AGAIN?

"Doublespeak" allows companies to run a "negative deficit" instead of a profit, car mechanics to become "automotive internists," and newsboys have the title of "media couriers."

by William Lutz

Illustrated by Don Trawin

It's been a tough day shopping, but you're almost finished. Just a couple more things to get and you can head for home. Loaded down with bags, you struggle into the last store. Looming before you is the "Courtesy Desk," with the sign that firmly states, "For Your Convenience Please Check All Packages at the Desk." You wait in line to unload your pile of packages into the hands of the "Customer Service Representative," who stacks them behind the counter and gives you your check number. After finding two of the four things you need and standing in line for what seems like hours waiting to pay, you reclaim your packages and wearily fight your way through the traffic to get home.

Sorting through your packages at home, you discover something's missing. But you distinctly remember paying for that electric hamburger flipper and taking it with you. Then you realize they must have forgotten to give it to you at the last store, when you reclaimed your checked packages. So, fighting the traffic yet again, you drive back to the store to pick up the package you checked for your convenience. It dawns on you then that you didn't check your packages for your convenience at all. In fact, it was very inconvenient for you to check your packages. You checked those packages for the store's convenience. And you checked them because the store is trying to control its "inventory shrinkage," not because it's providing a service for you.

You have just been introduced to business doublespeak. Because business permeates so much of our lives, business doublespeak can have serious and far-reaching consequences. Because business doublespeak is so prevalent, however, you tend to ignore it, and you end up paying for your ignorance, whether you realize it or not. Although some business doublespeak, such as job titles, is often obvious and humorous, other business doublespeak is subtle and serious. You need to be aware of business doublespeak, for your own economic survival if for no other reason. And there is plenty to keep you busy.

These days, banks don't offer second mortgages on rental property—they offer "non-owner occupied equity recovery." When fewer policyholders died during the year than one insurance company expected, it reported a bigger than anticipated profit due to "positive mortality experience." When the Wilson Sporting Goods Company decided to close its U.S. plant where baseball gloves were made and to import foreign-made gloves instead, it announced it had "decided to foreign-source its glove needs." In Sears' catalog of products for 1986, the company offered a ceramic mug "made in USA and imported from England." Credit companies no longer have collection departments or billing departments—they have "Fulfillment Offices."

After the psychedelic 60s, followed by the silent 70s, we hit the greedy 80s, a time when making a lot of money was not only socially and morally acceptable but required. Yuppies and their lives of hard work, big bucks, and fancy cars, clothes, and habitats made the cover of *Newsweek*. "Greed is good," Michael Douglas said in the movie *Wall Street*, and we all knew what he meant. The Peace Corps was out and business school and investment banking were very much in. Then the "fourth quarter equity retreat" hit in October 1987.

Business, like most areas of our lives, has always had doublespeak, but the increased popularity of business has not just given doublespeak wider circulation, but has increased it dramatically. When Thomas Murphy, chair of the board of General Motors, was interviewed on "Meet the Press" in 1980, he was asked why the automobile business was so bad. Said Murphy without hesitation, "We are in a period of negative economic growth." This was one way of saying that because so many workers were laid off during the recession, few people could afford to buy a new GM car. And when the GAF Corporation announced in 1981 that it was selling nearly half of its subsidiary companies, a Wall Street investment banker praised the company for its "enterprise restructuring," a term that sounded a whole lot better than the previously popular term, "downsizing."

The Doublespeak of Avoidance

With doublespeak, companies can discuss subjects they would prefer to avoid. Pacific Gas and Electric Company no longer sends its customers monthly bills. Now it sends them "Energy Documents." At United Parcel Service, no driver is the worst driver. Instead, a driver is the "least-best" driver. At CBS-TV, the "Program Practices Department" is the name given to the censor. Kirk Willison of the American Banking Association denied in 1988 that interest rates on bank credit cards were too high. "Don't call it an interest rate. Call it a service rate. It's not just a credit card, it's a payment mechanism," Willison protested. In 1982, federal investigations into widespread fraud in the heart-pacemaker industry revealed that "kickbacks" were called "rebates" or "fees for product testing."

When General Motors wanted to avoid a recall of 5.3 million cars in 1984, it tried to persuade the federal government that it "isn't dangerous for a car's rear wheel and axle to fall off." Rockwell International had a slight

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"Business . . . has always had doublespeak, but the increased popularity of business has not just given doublespeak wider circulation, but has increased it dramatically."

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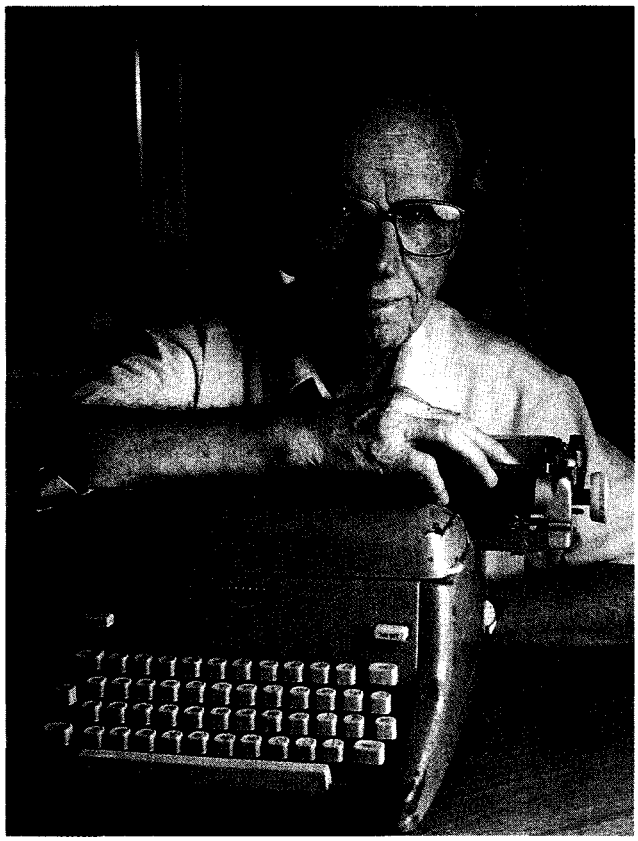
THE CONTINUING SAGAS OF JAMES A. MICHENER

At the age of 83, the prolific author of 40 books still has a permanent reservation at the top of the bestseller lists.

by Jim Shahin

If James A. Michener's biography were written in the manner of his novels, the story would begin with the author's personal geography: his 5'11", 174-pound (not rounded to 175 or fudged at *about* 170), slightly pear-shaped body. It would sweep his panorama: his sloping shoulders, rugged hands, and spindly legs. Then it would likely focus on his oval face with its gray-blue eyes, pug nose, and thin lips, set under a wrinkled high forehead, topped by a balding pate where white hair recedes like beach grass.

From there, *Michener*—it would surely take this one-word title—might divulge something of its namesake's importance. The magnitude of Michener's life would make that tough. At 83, Michener has to his credit 40 books; a Pulitzer Prize (for his debut, *Tales of the South Pacific*); a seemingly permanent reservation at the top of the bestseller lists; a history of impressive global residences; a résumé of government service; and two new books out last fall, a journalistic account of his recent visit to Cuba titled *Six Days in Havana*, and a 672-page novel called *Caribbean*.



photos by Tim Boole

Michener pecks out his tomes on a weathered Royal typewriter. His latest is the 672-page *Caribbean*.

The focus would doubtless then narrow in on his lodgings of the past three years. While researching and writing *Caribbean*, Michener and his Japanese-American wife of 35 years, Mari, took up residence in the first-floor condo of a two-story house near the University of Miami in Coral Gables, Florida, a stone's skip from Miami, which Michener calls the "capital of the Caribbean." The house is modest. It is pale blue with white trim. Palm trees and shrubs dot the yard. In the driveway is Michener's scratched blue 1983 Oldsmobile station wagon. He doesn't drive it anymore. "This siege of operations leaves one a little unsteady on his feet," Michener says, referring to the coronary bypass operation and the hip replacement he's had in recent years. He walks with the aid of a cane.

Inside the house, Michener would be found sitting on his living room sofa amid dim lamp lighting on a warm August evening. There would be packed-up boxes scattered around, preparation for his return to Austin, Texas, where he spent the early 1980s writing his saga *Texas* and where he now was going to oversee the opening of the new University of Texas graduate writing school he helped launch with a $1 million endowment. Mari would be away, tending the Micheners' permanent residence in Doylestown, Pennsylvania. And James A. Michener would seem—as he, the constant traveler, probably has seemed countless times before—the portrait of transition.

So might begin the book *Michener*, the saga of a writer whose own work is known for its geographic detail, its factual obsessions, and its unrushed openings. It is a formula that has helped make Michener, in the words of the *New York Times*, a "phenomenon." Neither a cult figure like Ernest Hemingway nor an artistic stylist like John Updike, Michener is nonetheless one of the most popular writers of the 20th century. He is so popular, in fact, that he has become a cottage industry. Last fall, "Best-sell'r," a board game based on ten of his novels, hit the stores. Also in the works is a cookbook based on foods that have appeared in his books.

Michener the writer, though, is not overly impressed by Michener the phenomenon. "You live for the long-range evaluation," he observes. Which makes the Michener tale that much more challenging, because there is one thing more that has made him so popular: his sweep of histo[illegible] When writing the Michener story, that sweep would cover nearly as much ground as his novels. And it deposits him at the doorstep of the release of his new book, *Caribbean*.

"Proximity," Michener says, answering a question about why he chose the Caribbean as the subject of his latest novel.

"It *is* going to be part of the American problem," he says emphatically. "There's no question. I see that so

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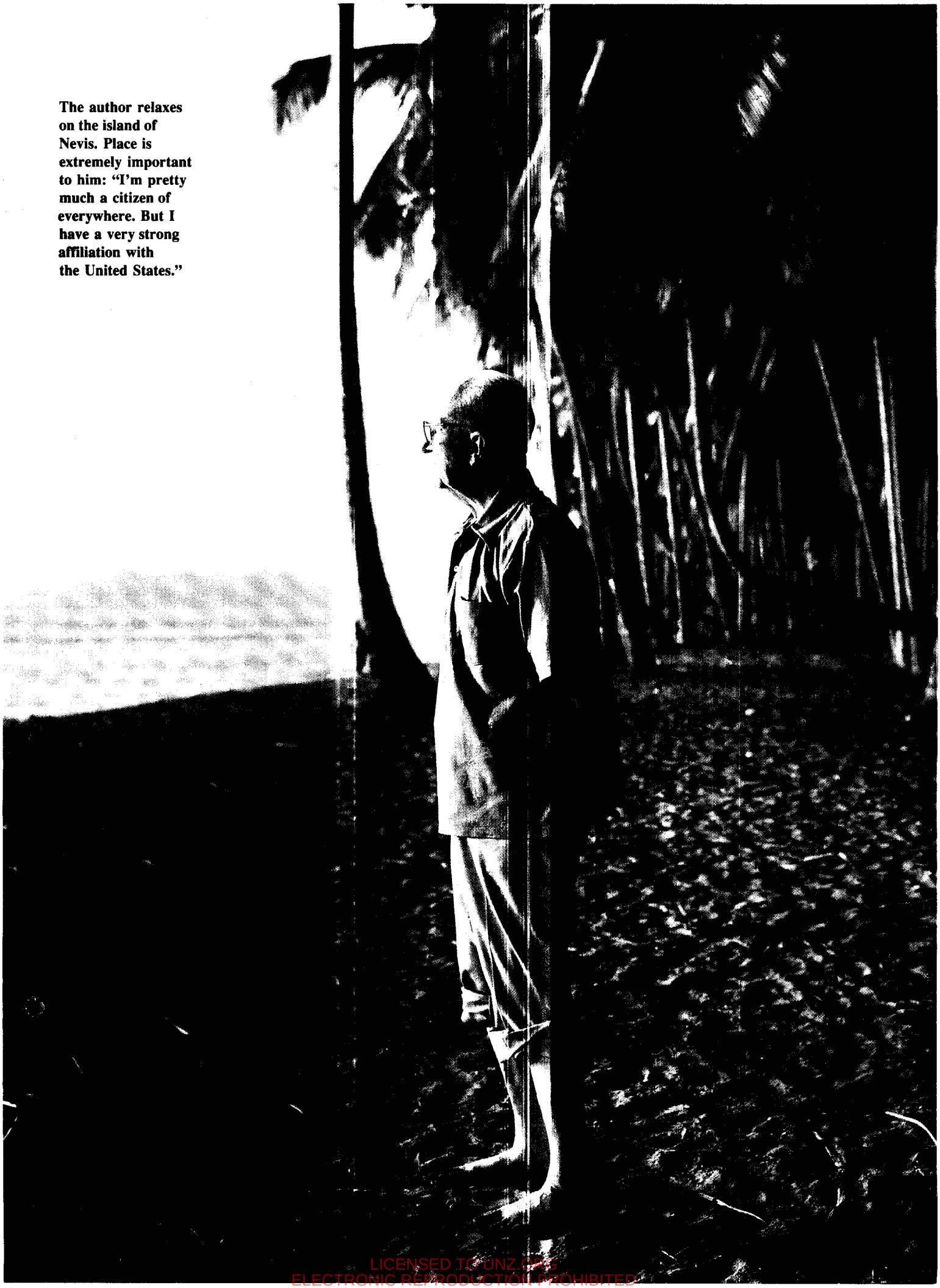

The author relaxes on the island of Nevis. Place is extremely important to him: "I'm pretty much a citizen of everywhere. But I have a very strong affiliation with the United States."

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clearly. We're going to have to assume the role that Britain had for many years, and that Spain had. It's of no relative significance to Castro what his relationships to Spain are today; they're actually rather good. But it's what his role is in relation to the United States [that matters]. It's as simple as that."

Michener was well-acquainted with the region before starting *Caribbean*. He visited the islands several times in the past three decades. Years ago, he taught at the University of Santo Domingo. "I always go into a project with a high plateau of knowledge," says Michener, who made ten additional research trips to the Caribbean in the past three years. Even with the extensive travel and the hundreds of books he read on the subject, Michener admits to encountering the unexpected. "The ones that really surprise you are the things that you already knew, but didn't believe or hadn't digested," he says. "Alaska, for example, is far more frontier than any of the frontier states have ever been. And in Texas . . . people believe that [frontier] nonsense. And in the Caribbean, it came as I was being entertained accidentally—always accidentally—by maybe eight heads of state, all black. We still don't believe that," he says, noting the rise of blacks from slavery in the islands. "These are black republics. Even though I knew it, it is still striking.

While working on *Caribbean*, Michener and his wife, Mari, moved to Coral Gables, Florida, to be near the islands.

"One of the most vital things that happens in the Caribbean is the decision by the United States Congress as to what they're going to do about the sugar quotas," he says. Michener points to sugar prices as an example. "That's more important than anything else. Russia pays [Cuba] three or four cents above the world price. That makes all the difference. But our Western sugar beet states would prohibit that."

Caribbean opens in the year 1310, with the cannibalistic Carib Indians of South America (after whom the island region is named) brutally subduing the indigenous Arawak Indians, a peaceable tribe, on the island that later would be known as Dominica. The region's history becomes yet more blood-soaked as Europe's powers battle for control of the islands. The passage on Christopher Columbus is particularly shocking. After landing on Hispaniola (present-day Haiti and Dominican Republic) in October 1492, the discoverer of the New World proceeds over the next few years to slaughter great numbers of Indians and to execute, often for petty crimes, many of his countrymen. "He has a lot of black marks against him," Michener cracks wryly. "He gave a new meaning to the word 'decimate.' And he hung his own people left and right." Still, Michener sees the heroic in Christopher Columbus. "He had a grandeur of imagination," he says, then tells the story of Columbus' overcoming shipwreck on a deserted Jamaica. "And he never lost faith."

Michener is enamored of the pirates, buccaneers, and discoverers of the Caribbean despite their warring ways. "These were tremendous men," he says. "They make a lot of other area histories look rather impoverished."

Yet he recognizes their legacy of crippling factionalism. "The great problem in the Caribbean is to find hegemony," he says. "We've never done that. And it's still up for grabs. Geographically, it ought to be a unit. But everyone has failed to make it so: the Spaniards, the French, the British. The Dutch opted out. The Americans have messed it up horribly. So it is an area without a central core, and that has been very damaging."

Michener sees the Caribbean as a patchwork of postcolonialism. "The differences among the islands derive, in large measure, from the parent company in Europe," he says, paging, as he does often—even while conversing—through an almanac for a salient fact on some historical point. "That's fundamental. Barbados, which was known as Little England, is not in any way like Martinique, which is fiercely French, and neither is anything like Santo Domingo, which is Spanish. There's great diversity here."

Of all the islands, Michener's toughest challenge was Cuba. It took the ardent, lifelong anticommunist two years and a lot of intergovernmental negotiating to get into the country. But when he finally got there, he found the people warm, the roads good, the healthcare system extraordinary, and his movements unrestricted. "From Miami to Havana, it takes 38 minutes," Michener says, shaking his head. "*Thirty-eight minutes*. We ought to have a shuttle running between the two cities, with every third one going down to Jamaica. And it ought to be under a hundred bucks."

Michener's generally favorable impression of Cuba was tempered by the "heartbreaking" paucity of consumer goods—he tells of the women's clothing store with only one girl's dress in it—and the shabby state of the buildings, which needed painting and, old mansions especially, restoring. His impressions, along with an inside look at his philosophy and method of writing, are chronicled in *Six Days in Havana*, a beautiful coffee-table book released last fall, for which John Kings took the photographs.

Michener's biggest Cuban disappointment was not getting to talk with President Fidel Castro. "I'd ask him when he was going to reopen negotiations with the United States," Michener says, ticking off a ready set of questions. "What he was going to do when Russia stopped buying his sugar at four cents above world market price. What he thought of the

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adventure in Angola. Those are all questions that should be asked, and I would ask them."

Michener recalls a conversation with a Cuban official who sounded a note of worry about the island's future. "They went out of their way to let me know that they were worried about relations with the Russians," he says. "I didn't ask about it. But at the end of a meeting, a man high in Cuban affairs said, 'You know, Mr. Michener, we are worried sick about *perestroika* because we don't know what it signifies for us.' "

Michener views the changes in Cuba as emblematic of transition throughout the region. "Across the Caribbean, a vital question is 'What are they gonna use for money?' " he asserts. "Because they've lost oil in Trinidad. They've lost sugar everywhere. They've lost bananas to Central America. They've lost tobacco. They've lost almost everything. And they are living on tourism, which I find is one of the best dollars that an island or a nation can get if it has the courage to protect itself." He ponders the future, then adds: "The Caribbean can go in very many directions. And that's why proximity is very important to me. We're tied up with it whether we want to be or not."

In a back bedroom-cum-office in his Florida home, the author leans back in the chair behind his cluttered desk, gazes into the distance, and recalls his childhood. "I grew up in sort of a bizarre home life" is the way he puts it. As an infant, he was adopted by Mabel Michener, a poor, young widow in Doylestown, and raised among the foster children she took in. On occasion, he would stay in the town's poorhouse.

Those are the facts. But the circumstances surrounding them are unclear. In a biography of the author, John Hayes says Michener was Mabel's illegitimate son. Michener, who did not learn until he was 19 that he was adopted, says the truth is unknowable because his birth certificate never has been found. "I have no idea who I am," he has said.

The reasons for his stay in the poorhouse are similarly blurred. Unquestionably, Michener was raised amid poverty. But an aunt—one of Mabel's sisters—was married to the superintendent of the poorhouse, and the whole family would sometimes stay with her. This suggests that the image that

A coronary bypass operation and a hip replacement have done little to slow Michener down. Although he hints that his latest book may be his last sprawling saga, he has said that before.

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might be conjured—that of a Dickensian waif going it alone—is probably exaggerated.

Nonetheless, Michener's childhood experiences remain with him as powerful impressions. "Very powerful," he says. "I saw a great many men who wound up in the poorhouse—and I mean this is a *poorhouse* poorhouse, which we had in those days—absolutely at the end of their lives in their *50s*." He says the word with incredulity, marveling at how early an age that is for life to be over. "Quite often, [it was] through no ostensible fault of their own. They made a bad deal or somebody gigged them or they didn't have it to begin with." He pauses. "Awful powerful memories."

Michener's days got better as time went on. "I had a very hard life up until I was 14," he says. "Then everything just fell into place." He played on his high school's championship basketball team, and he excelled enough scholastically to land a scholarship to Swarthmore College. There, he began feeling his oats. "I led the fight to ban fraternities," he remembers. "They were so domineering. And so unfair to young people who wanted to make something of themselves."

After graduating with a triple major (English, history, and philosophy), Michener taught at the Hill School, worked as an editor at Macmillan, earned his master's in history and social studies from the Colorado State College of Education (now the University of Northern Colorado), and headed the Colorado chapter of the federal government's Depression-era National Youth Administration. He was on his way to earning his doctorate from Harvard when "the war intervened."

While in the navy, Michener, for the first time in his life, began to write. Becoming a writer had not been a lifelong pursuit. "I didn't know what I wanted to be," he says of his childhood dreams. "Just get a job and survive was my problem."

His writing career started while he was stationed on the Pacific island of Espiritu Santo. "I wrote at night in a Quonset hut," he recalls. "It never occurred to me that what did happen would happen."

What happened was the release, when he was 40, of his first book, *Tales of the South Pacific*, which not only won a Pulitzer but was turned into Rodgers and Hammerstein's smash *South Pacific*. The book, which never became a bestseller, did little for Michener financially. But the musical afforded him the cushion to write full-time. In 1959, Michener hit pay dirt with *Hawaii*, a big book and an even bigger bestseller. Since then, Michener has demonstrated an extraordinary ability to churn out one best-selling epic after another, several of them suited to TV adaptation. Their titles are a roll call of the top hits in writing over the last quarter-century: *Space*, *Centennial*, *Poland*, *The Source*, *Chesapeake*, *Texas*, *Alaska*.

Asked if he considers himself lucky, Michener laughs warmly. "All the time. To have Rodgers and Hammerstein take your first book and make a great musical out of it, there's got to be an element of luck in there somewhere." His mood turns serious. "But I was good at what I did," he says. "I'm a real pro."

He does not compose, as one might expect, on a computer, but rather on an old Royal manual typewriter set on a stand adjacent to his desk. He pecks out his tomes with his two forefingers, glancing at a daily worksheet on a stand he made of cardboard. The worksheets represent months, even years, of research—travel, reading, conversations—that gets honed from a broad initial outline to detailed self-made maps, character lists, and time lines. Normally he writes from 7:30 in the morning to about noon and edits his work later in the day.

Despite rumors to the contrary, Michener does not employ a vast research staff. (On *Texas*, he was aided by two University of Texas graduate students, though Michener still did the bulk of the research himself.) His editorial assistant, John Kings, has been with him since 1972. Kings, who often travels with Michener, reads and comments on the manuscripts before publication. In Florida, as in Texas, Michener also employed a secretary to help with the numerous requests for interviews and speaking engagements and to oversee other day-to-day demands. "What I need is very simple," Michener says. "A good library and access to an airport."

Although he centers his writing around places, Michener himself is disconnected. Does Michener miss not having a place to call home? "Very definitely, yes. That's a loss. The loss in continuing relationships is very real," he says. "But we have other assets to compensate for that." Michener feels no particularly deep connection to Doylestown, he says. "I'm pretty much a citizen of everywhere. But I

continued on page 106

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"[Fame] is reassuring but it isn't disabling," says Michener, whose best-selling book *Hawaii* was made into a movie in 1966.

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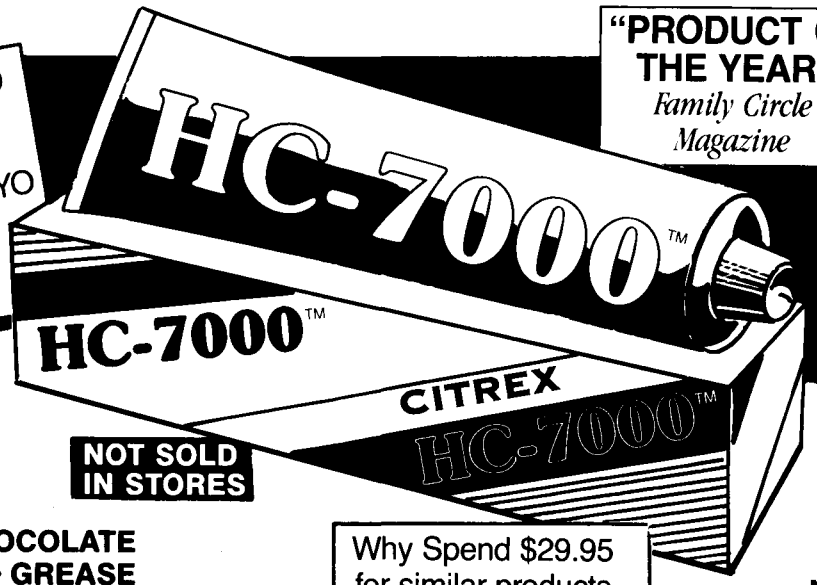

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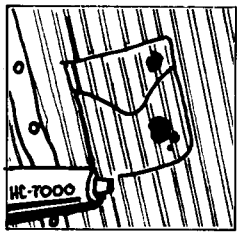

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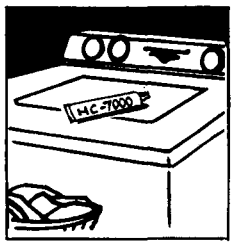

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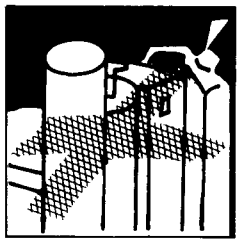

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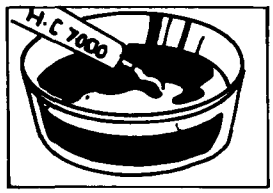

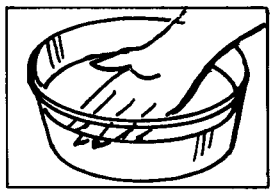

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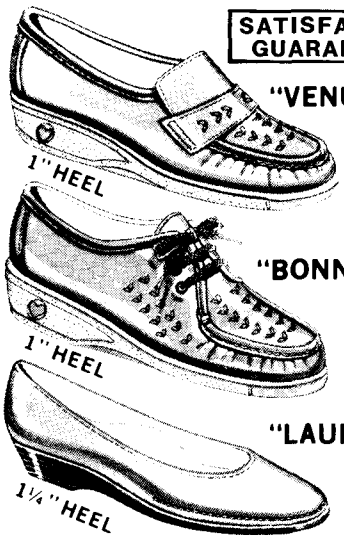

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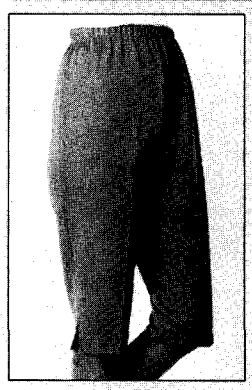

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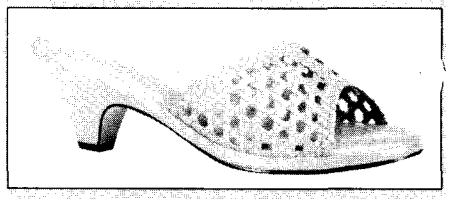

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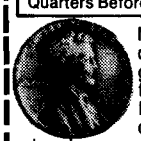

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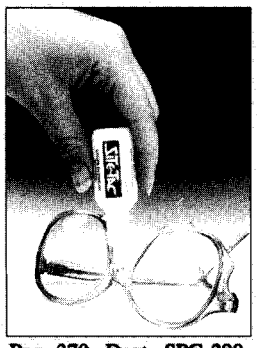

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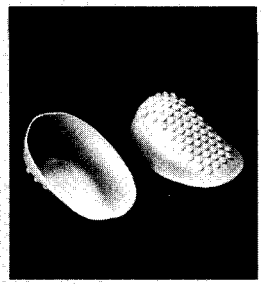

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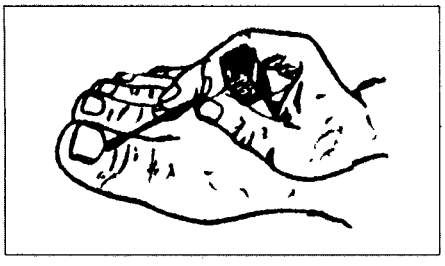

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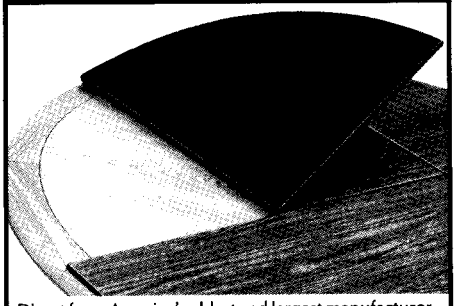

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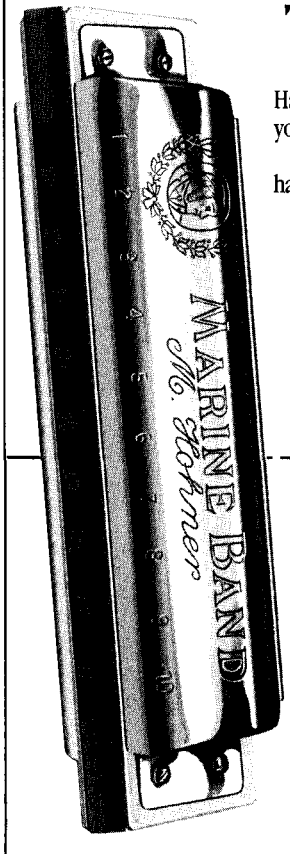

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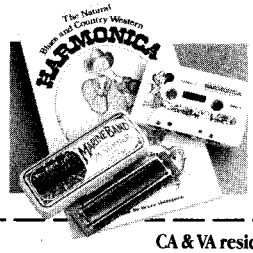

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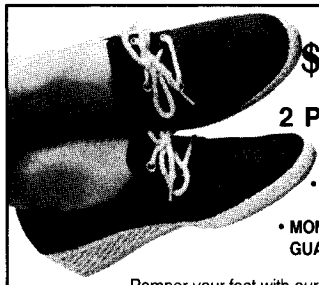

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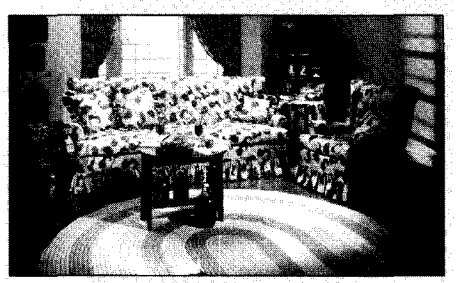

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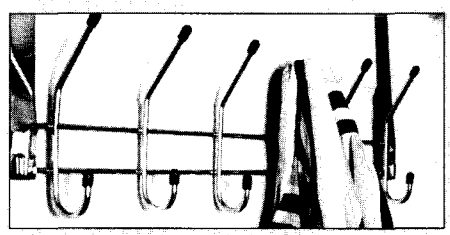

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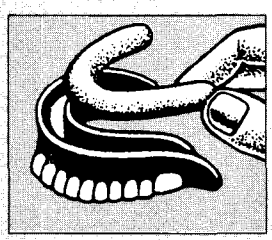

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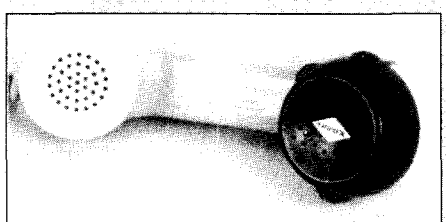

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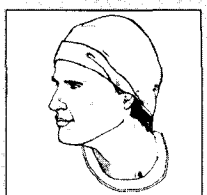

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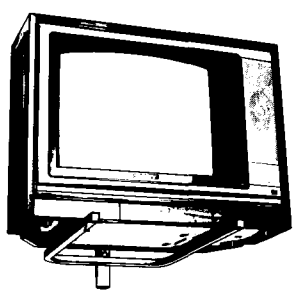

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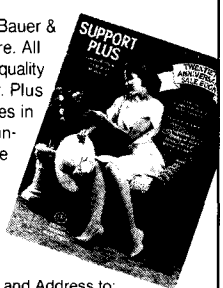

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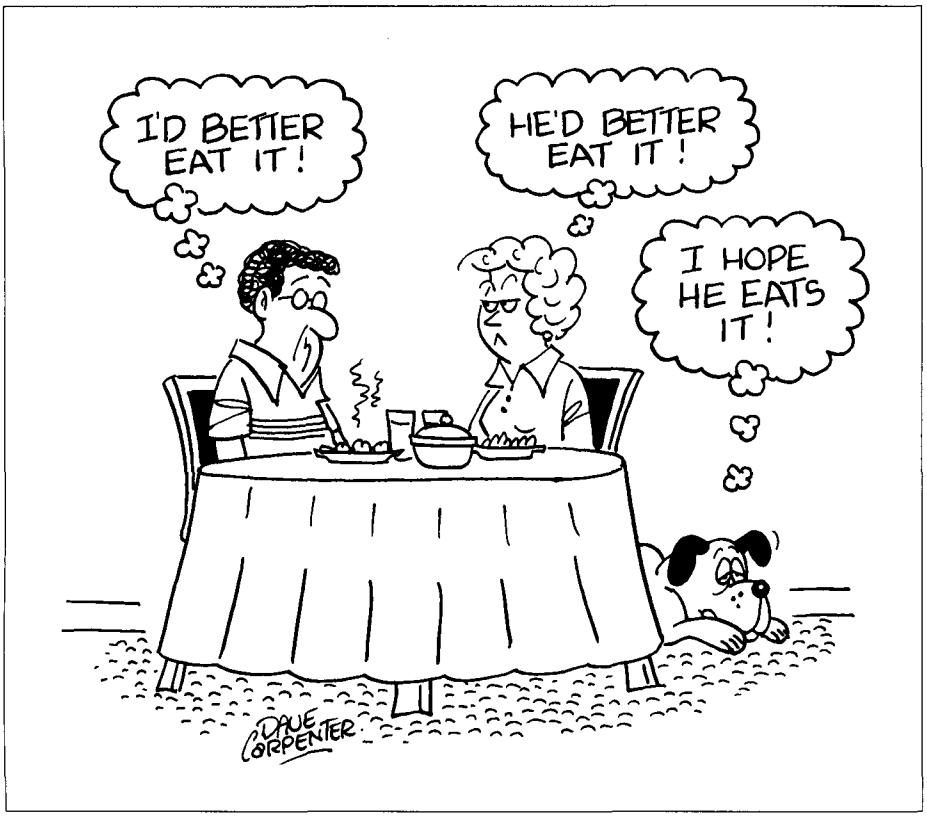

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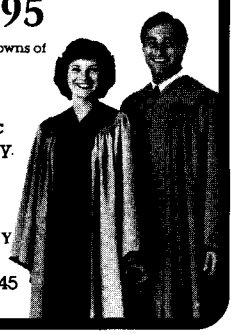

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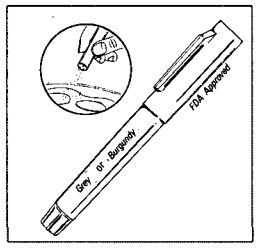

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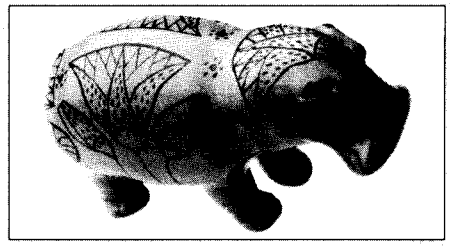

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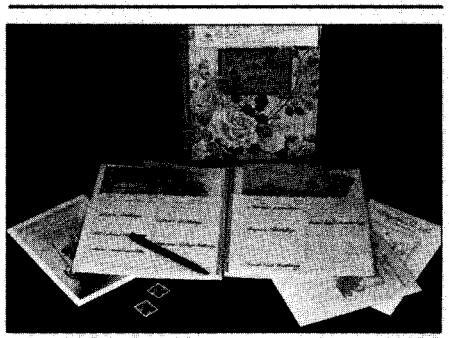

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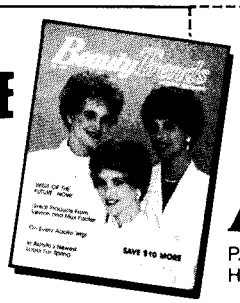

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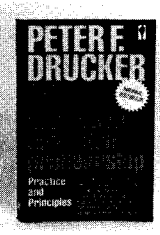

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How's That Again?

continued from page 64

problem in 1984 when, after more than five years of research and $12 million worth of engineering, the space shuttle's toilet still did not work. On 10 of 11 trips into space, the toilet failed. Rockwell, however, insisted that the toilet had not failed but had just suffered "a number of different problems." For Mark Carter of Austin, Texas, the doublespeak used by his savings and loan association was financially painful. When Carter handed over his automatic teller machine card and access code at gunpoint, the robber's $500 withdrawal was an "authorized transaction," according to Texas Federal Savings and Loan officials. A letter to Carter stated that "Texas Federal has established a policy to consider a robbery of an ATM to be an authorized transaction." Willie Sutton would have loved to have heard that.

Doublespeak and Product Development

Through doublespeak, corporations can change the products and services they sell without spending a cent on product development. Hallmark no longer makes ordinary greeting cards. Now Hallmark makes "social expression products." In 1985, officials of the Quaker State Oil Refining Corporation were reported in the *Wall Street Journal* to be urging reporters to stop describing their corporation as an oil company and instead to call it "a consumer marketing company serving the automotive aftermarket." Once upon a time, North American Van Lines was a moving company, but in 1988 it became "North American Relocation Services." Doesn't the four-syllable "relocation" sound more impressive than the two-syllable "moving"?

No longer is it an automobile junkyard, nor junk, nor even used car parts. Now it's "auto dismantlers and recyclers" who sell "predismantled, previously owned parts." New Jersey junkyard operator Richard Montaldo insisted, "We're not a wastepaper business. We're a secondary-fiber business." To Camden Zoning Board of Adjustment officials, however, "a secondary-fiber business is a wastepaper business is a junkyard." In Burlington, New Jersey, a gravedigger, Newton Johnson, has the words "Internment Excavation" on his truck, and he points out that he "prepares" graves, he does not dig them.

Sometimes companies don't want people to know what it is they really do, so doublespeak helps. The Nuclear Engineering Company of Louisville, Kentucky, a company that disposes of radioactive and chemical wastes, changed its name in 1981 to "U.S. Ecology, Inc.," because the firm wanted a name "that would make people feel comfortable."

Business Schools and Doublespeak

Even business schools get in on the doublespeak. The Wharton School of the University of Pennsylvania runs a program called the Wharton Executive Education Program, which provides intensive instruction for senior executives at corporations around the world, for a nice fee, of course. Does the program make a profit? No, but it does run a "negative deficit."

In 1979, the *Wall Street Journal* reported that students taking the "Competitive Decision Making" course at the Harvard Business School (which calls its curriculum "learning technology") learned that negotiating in the real world involves using "strategic misrepresentation," or lying. They were taught that hiding certain facts, bluffing, or even outright lying often results in a better deal. The purpose of the course isn't to teach them to lie (or to use "strategic misrepresentation"), but to learn that they may be lied to.

The *Harvard Business Review* contributes its share to business doublespeak by publishing prose such as this:

> If competitive advantage can be achieved from just-in-time participatory management styles, then bottom-line oriented organizations can better facilitate their gain-sharing systems to network for the new global technologies. At my company, for example, detected casualties fluctuate between generic niche discontinuities and complementary enculturative yield functions.

If this writing reflects the kind of clear thinking prevalent among senior executives of American corporations, we should have little trouble meeting the challenge of foreign competition. They'll just roll right over us while we flounder in our prose.

From Battlefield to Bedside

During the Civil War, Clara Barton spent her time carrying supplies to soldiers and nursing wounded men on the battlefields. This first-hand experience led her to the founding of the American Red Cross in 1881.

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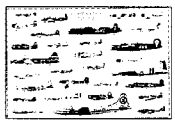

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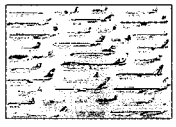

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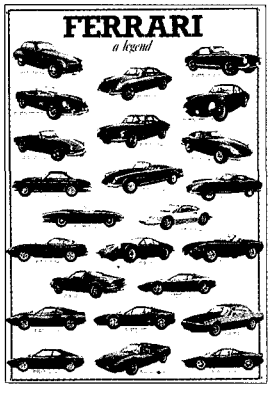

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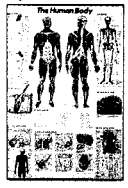

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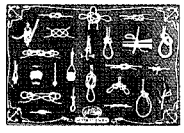

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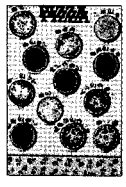

2150 Pizza
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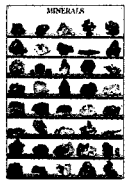
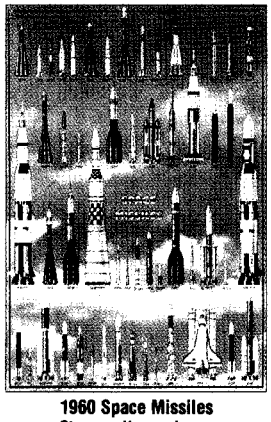


1470 Minerals
Qty ___ U ___ L ___



1960 Space Missiles
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1320 Cats
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1261 Dogs
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1910 Dinosaurs
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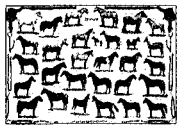

1258 Horses
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2140 Big Cats
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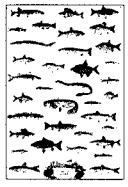
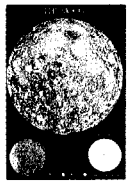


1177 Freshwater Fish
Qty ___ U ___ L ___



2250 The Moon
Qty ___ U ___ L ___

1178 Map of the Sky
Qty ___ U ___ L ___

2070 Solar System
Qty ___ U ___ L ___

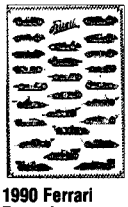
2170 Evolution of Man
Qty ___ U ___ L ___

2180 Butterflies
Qty ___ U ___ L ___

1930 Freshwater Tropical Fish
Qty ___ U ___ L ___

2270 Whales
Qty ___ U ___ L ___

1530 Kitchen Garden
Qty ___ U ___ L ___



1990 Ferrari Formula
Qty ___ U ___ L ___

1397 Palm Reading
Qty ___ U ___ L ___

2290 Ducks/Geese
Qty ___ U ___ L ___

1160 Medicinal Plants
Qty ___ U ___ L ___

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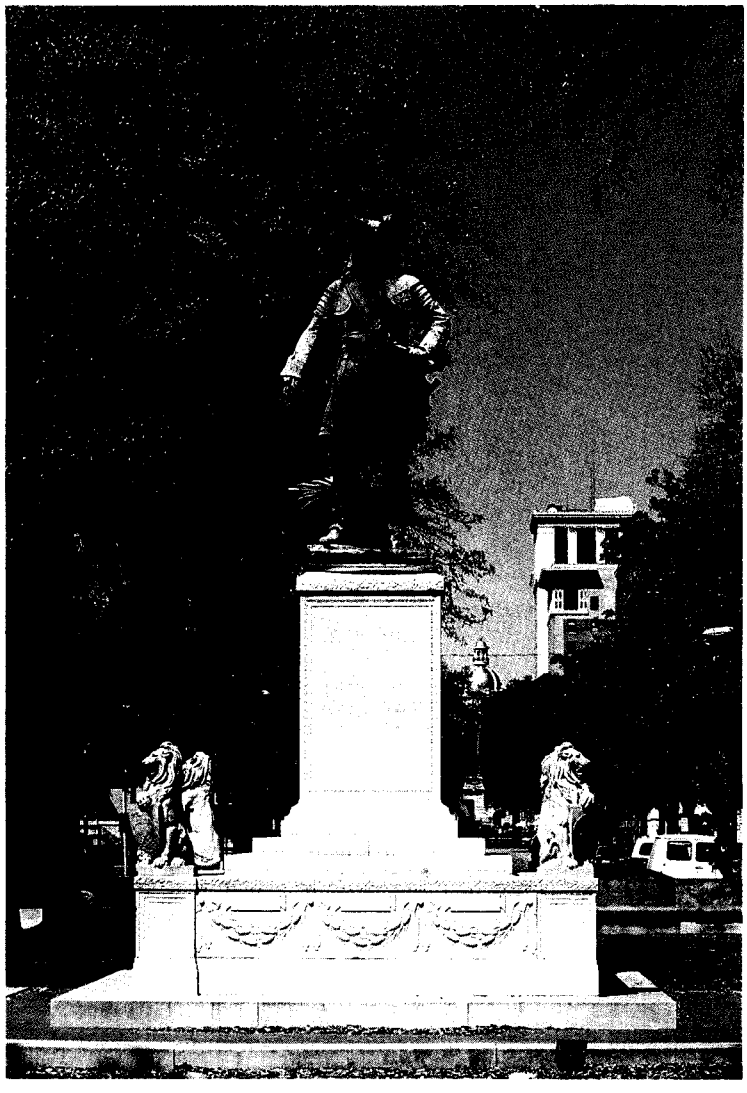
BODY AND SOUL

Savannah

The good looks she got from her founding father were fading, but C. J. HADLEY *says Savannah was finally able to live up to his expectations.*

"There will be no slaves, no hard liquor, no lawyers," proclaimed the British Col. James Edward Oglethorpe, the founder of Georgia, before settling 120 Englishmen near the mouth of the Savannah River in 1733. "Everyone in this colony will be equal."

The colonel had carefully selected his site for North America's 13th British colony. His first settlement and capital city, Savannah, was set close to the river on a bluff he named Yamacraw, after the region's Indians. He planned his brand-new city around a series of green, oasis-like squares that all would share, with broad shaded streets and alleys, and he gave equal lots to all settlers.



A presence still felt after 2½ centuries, James Oglethorpe dominates one of the squares that made his city plan so effective.

The Oxford-educated parliamentarian and his 19 fellow royal trustees intended Georgia as a refuge from poverty, unemployment, and religious persecution. Georgia was also to be a buffer colony, to protect Carolina from Spanish settlement to the south. Oglethorpe was a soldier by trade: honest, hardworking, and fair. His sponsor, King George II, wanted to increase imperial trade and navigation and to bring in silk from the colonies, and Colonel Oglethorpe's choice of the sheltered port on the Savannah River sufficed absolutely.

• • •

Savannahians would follow Oglethorpe's town plan long after doing away with equal lots—and his ideas of equality. The squares of Savannah still checker the heart of the city with precise, recurring green spaces full of live oak, Spanish moss, azalea, peach, dogwood, and magnolia. They make the city's climate tolerable even on brutally humid days. A slow parade of businessmen and well-dressed matrons flows through the squares, everybody's front yard in neighborhoods without lawns. Even camera-laden tourists accept the invitation to dally, to dawdle. Automobile traffic is light and deliberate, discouraged by the maze of turns.

The squares are dedicated to Savannah's crowded history. A statue of Georgia's founder dominates Chippewa Square, one of the original five flanking Bull Street, and a plaque in Johnson Square details his far-seeing city plan. Johnson Square, the earliest and the closest to the present-day business district and riverfront, also memorializes the great chief Tomochichi, who befriended the Englishman and allowed his settlers space on the bluff. John Wesley, the founder of Methodism and an early follower of Oglethorpe's, looms in bronze over the nearby Reynolds Square; Casimir Pulaski, the Revolutionary War hero who perished in the siege of Savannah (1779), over Monterey Square. Nathanael Greene, the Marquis de Lafayette, John C. Calhoun, "Mad Anthony" Wayne,

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and a host of other major and minor notables have lent either their names or their likenesses to Savannah's squares. (For some reason known only to Savannahians, the statue of the man and the square named after him rarely coincide.)

Not far from the Savannah River's bustling traffic, Factors' Row is home to the original Cotton Exchange, where cotton factors set prices worldwide and warehouses stored cotton for export to Europe on tall-masted ships and steamers. The two- and three-story buildings these days house dozens of bright and shiny specialty shops, restaurants, and nightspots, each one housed behind an original, brass-knobbed warehouse door; here one finds as well the Ships of the Sea Maritime Museum, three floors of nautical artifacts, models, and memorabilia. Cobblestone ramps lead down from the Bay Street level to River Street, where a long brick walkway reaches grassy picnic areas overlooking the continual river traffic of tugs and barges. Nearby is the statue of the Waving Girl, a lighthouse keeper's sister who kept a half-century vigil for a sailor.

(Top) Horse-and-carriage sightseeing in Washington Square. (Bottom) A different drum in Savannah's antebellum symphony, King-Tisdell Cottage's museum of black history ensures that the whole story is told.

Just south of the waterfront is the city's historic district. Nowadays it's a harmonious mixture of shops, commercial overnights, and family residences, some newly acquired and restored, some ancestral. At Mrs. Wilkes' Jones Street boardinghouse, eight dollars fetches a meal including but not limited to fried chicken, lima beans, collard greens, corn bread, black-eyed peas, rutabagas, and strawberries and cream. Sitting at an oval table for 12, patrons converse with each other and the elderly Mrs. Wilkes until duty beckons her: "Gotta go. Gotta go take the money. I'm workin' the cash register."

At eclectic mansions in the district, mint juleps and fresh lemonades are poured on pastel verandas. Tiny gardens, perfectly coiffed with neat borders, hedges, statues, wrought iron benches, and miniature fountains, are often shared with the public: "It's nothing, but if the gate's open, you're welcome," says the gardener at Miss Louisa Wright's residence.

Well-postured Savannahian ladies, always in dresses, every hair in place, escort visitors on walking and carriage tours of the historic district. These down-to-earth aristocrats put visitors at ease by gently mocking their storied city: "Can you imagine what Savannah was like in 1818 when it was just a bunch of rednecks?" or, "Here's how to use the hip tub in the necessary room. First you stand in it and wash up as far as possible. Then you wash down as far as possible. Then you sit down and wash possible." . . . No wonder did haughty Charlestonians look down on their cousins in Savannah.

The mood is different on the Negro Heritage Trail. There is the First African Baptist Church, originally built by slaves in 1788 with the permission of their masters, remorseful over the flogging of a black preacher. It was the first black Baptist church in America. At the King-Tisdell Cottage, W. W. Law tells visitors, "Many of our forebears came from the culture of Timbuktu. They were literate. We did not come here as savages."

• • •

Oglethorpe, more diplomatic such than predecessors as the Spanish conquistadors and Blackbeard, requested and received permission from the Yamacraw Tomochichi in order to settle on a bluff 15 miles from the mouth of the river. Tomochichi liked Oglethorpe. The Englishman cared about the Yamacraw. They were both, in their way, aristocrats, appreciating each other's values and traditions. Their friendship kept the peace between their peoples, and they were both proud of Savannah.

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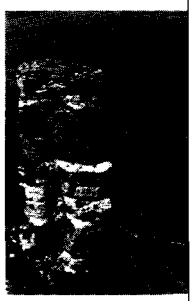

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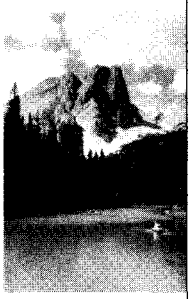

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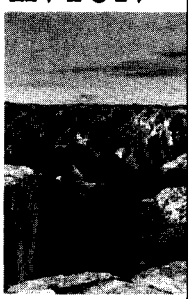

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Outside the city limits, Oglethorpe planned five-acre garden lots for each family; beyond those, 45-acre farms. His Trustees' Garden was an immense agricultural experiment with plants and herbs from all over the world to discover what would grow best in this fertile wilderness. It produced Georgia's famed cotton and peach crops, but the hoped-for silk production from mulberry trees never materialized. Later subdivided and turned into an area of garden-adorned homes, Trustees' Garden Village became Savannah's first systematic renovation project in the 1950s. Trustees' Garden is now regarded as "the very heart of Old Savannah . . . ringed by 19th-century brick and ironwork houses, with tiny jewel-like gardens."

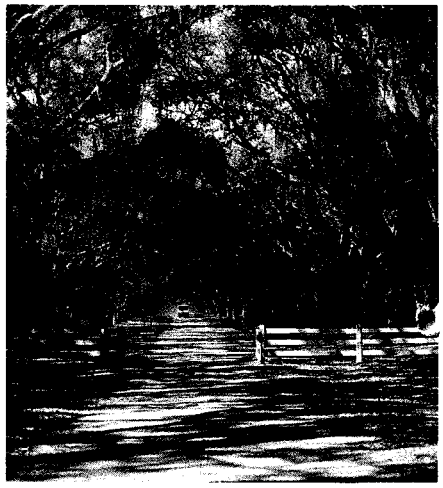
The Indians had cultivated corn, beans, and pumpkins. Europeans introduced oranges, figs, and domestic animals. English colonists made tar, pitch, and turpentine; they used live oak timbers for shipbuilding. They also invented tabby, a tough and easy building material that mixed sand, limestone, oyster shells, and water. Tabby ruins can be seen throughout coastal Georgia.

Savannah grew slowly. Even with snakes, alligators, and enormous biting bugs, "every insect here stronger than in England," the site was heaven for Oglethorpe's oppressed. The settlers worked hard and Savannah's export business thrived, reflecting growth in rice farming, cotton production, and Indian trade.

The perfectly planned utopia soon went awry. The powers in London, worried that Oglethorpe would foment war with Spain with his colonization and fortifications, asked him to withdraw from the coastal islands. He ignored the request. For a time he had to use his own resources to build and protect Georgia.

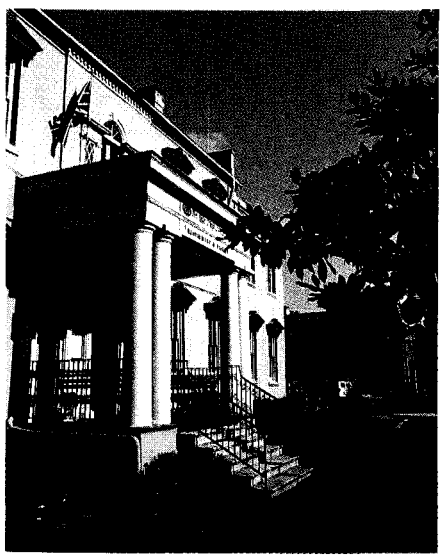
Scurvy, yellow fever, and malnutrition killed more soldiers than the Spanish did. One soldier's child was eaten by an alligator. By 1742, Spanish troops had camped on St. Simons Island, on their way to claim Fort Frederica, Oglethorpe's outpost on the coastal islands. But Oglethorpe, outnumbered at least two to one, ambushed the enemy on a narrow road at the edge of the marsh. His Highlanders, settlers, and Indians made Spanish blood run thick that day, and the Spanish retreated from Georgia forever.

After Oglethorpe's huge success at Bloody Marsh, a dissident officer leveled serious charges against him. Forced to return to England in July 1743, he was vindicated on all counts and repaid for most of his expenses. But he never returned to Georgia.



The road to ruins: a mile-long avenue of oaks leads not to Tara but to the tabby remnants of the original Wormsloe Plantation house.

Oglethorpe was deep in old age in England when Georgia colonists swarmed into Johnson Square to burn George III, their namesake's son, in effigy. The American Revolution had begun. Royal troops soon took Savannah from the rebels and held it until the end of the war, despite a major rebel assault in 1779 in which Count Casimir Pulaski lost his life. Pulaski was a Polish nobleman and another idealist who gave up his comfortable



The Old Pink House (1789) is one of Savannah's few remaining 18th-century houses; major fires devastated the city in 1796 and in 1820.

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world to help build Georgia. The site of his death is marked today by a plaque just behind the Savannah Visitors Center, the converted Central of Georgia Railroad station.

• • •

Savannahians were free by revolution's end—white Savannahians, that is. Oglethorpe's prohibition on slavery had long since been repealed. Rum was still outlawed, so bootleggers ran slick in the piney woods. Land grants were given to the large-scale plantation owners; slave labor was used to plant and pick cotton. On a plantation outside Savannah in 1793, Eli Whitney invented a cotton gin that made cotton's large-scale cultivation possible.

Savannah became a great commercial port—and the center of the slave trade—with the invention of the cotton gin. Leadership had passed from idealists like Oglethorpe to merchants from England, Scotland, and the Northern states. These newcomers scorned the simple dwellings of Oglethorpe's day, all but extinct after two major fires. They built handsome houses, mansions, and villas, using slaves as servants and the skills of architects of differing traditions and backgrounds.

Most of Savannah's treasured sites of today stem from this period: the Old Pink House, later a bank and now a restaurant and tavern; the Hampton-Lillibridge House, Savannah's leading "ghost house"; the Davenport House, the first project and now headquarters of the Historic Savannah Foundation. Outside the city limits, the tabby ruins of the original Wormsloe Plantation, built in 1739 by Noble Jones, an Oglethorpe compatriot, were supplanted by a grander Wormsloe. Today visitors can tour the Wormsloe I ruins and museum; off-limits is the private, family-owned Wormsloe II, its gardens, and its extensive library with the original copy of the Confederate constitution and letters of Jefferson Davis and William Tecumseh Sherman.

Sherman. Savannah has no monuments to her Civil War conqueror, but on a wall of the King-Tisdell Cottage there is a depiction of Sherman's entry into Johnson Square in December 1864. The assembled whites are glum to a man, but every black face is shining, jubilant.

Savannah's seductive beauty—and a timely offer of surrender—had saved the city from Atlanta's fate. General Sherman instead telegrammed President Lincoln: "I beg to present you as a Christmas Gift, the City of Savannah with 150 heavy guns and plenty of ammunition and also about 25,000 bales of cotton."

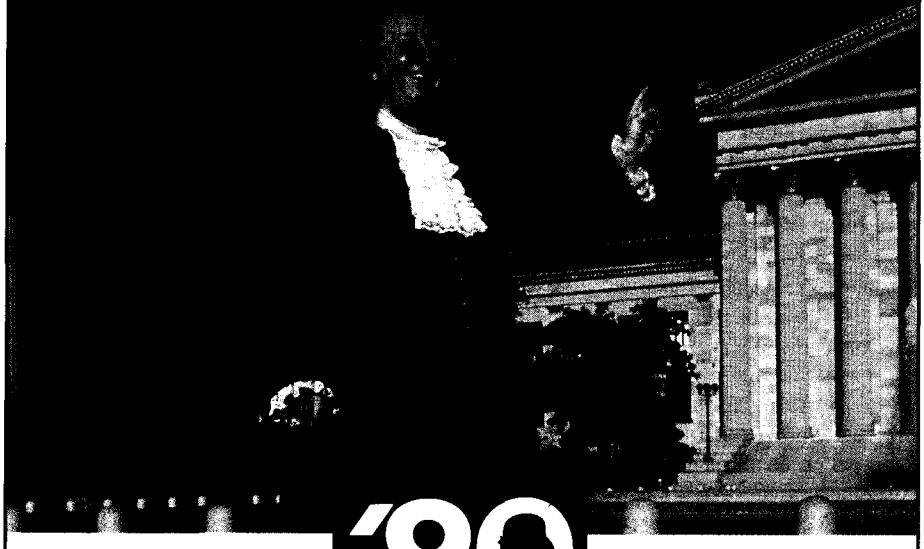
What war had saved, peace almost destroyed. Savannahians tried to continue their architectural tradition, this time adding Victorian styles to Federal and Greek Revival. But Savannah had to outlive the catastrophic decline of the rice and cotton industries. She had to ride out a lack of economic diversity, plus slumlords, unemployment, and apathy. Her architectural wonders were neglected and decayed, the town's spirit and former glory badly tarnished. "A lady with a dirty face," Lady Astor is said to have called her.

As Savannah reached mid-20th century, Oglethorpe's neat British town on Yamacraw Bluff was decaying and dirty. Unregulated, but desperately sought, new industry polluted the air and countryside. The Savannah River teemed with mercury, sulfuric acid, and the entire city's daily output of raw sewage. Some of the glorious squares were used as parking lots, and badly planned roads annihilated much of her powerful history.

But even as Supreme Court decisions and civil-rights demonstrations

continued on page 90

PHILADELPHIA



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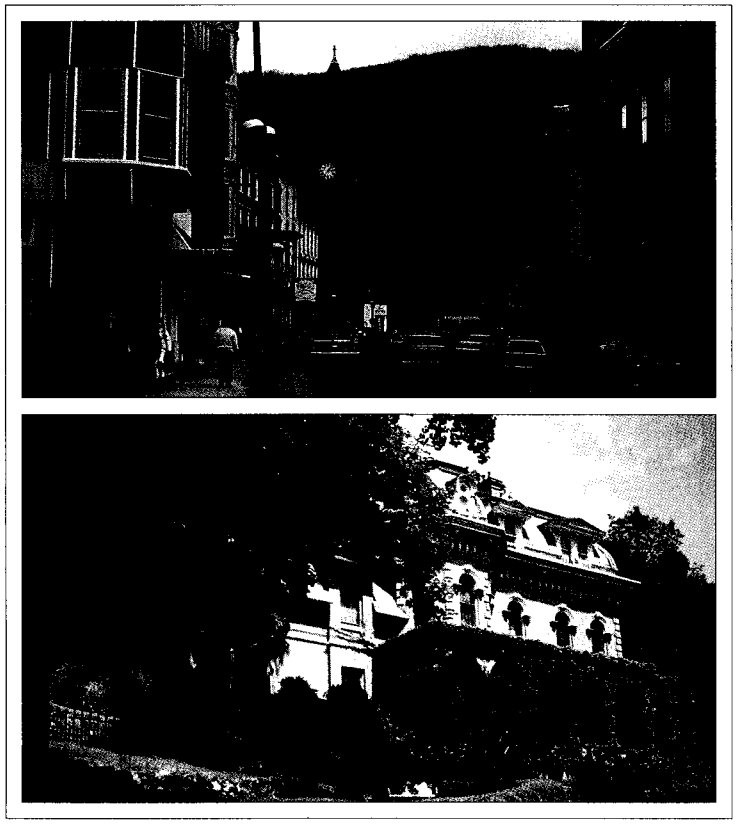
JIM THORPE LINES UP FOR VISITORS

No one came when they named the Pennsylvania town after a famous athlete. But now Jim Thorpe's scoring points with its potent lineup of mountain scenery, fabulous old architecture, and a multitude of activities.

by Charlotte Forbes

An old-fashioned jewel sparkles in Pennsylvania coal country's dense Pocono woodland. The tiny 19th-century village of Jim Thorpe, its chocolate-brown clock tower commanding the cluster of modest stone houses and Millionaire's Row mansions, is a precious keepsake from the days of blustering coal barons and intrepid rail tycoons.

A boom town coal shipping center 150 years ago, the town emerged by the turn of the century as the "Switzerland of America," a fashionable resort. Women in bustled gowns and parasols and mutton-chopped men came from Philadelphia to take in the vistas of luxuriant, tree-smothered mountains and to climb aboard the old gravity railroad. A leisurely ascent through the cool forests was followed by a headlong rush back down the mountainside at a dizzying 65-mile-per-hour pace.



Charlotte Forbes

(Top) The "Switzerland of America" nestles in a Pennsylvania valley. (Bottom) The lavish home of Asa Packer, tycoon *extraordinaire*.

In those days, the town was known as Mauch Chunk, or "sleeping bear" as the Delaware Indians called the mountain by the river. But in the 1950s, trying to reverse the tourism decline triggered by the Depression, Mauch Chunk joined forces with the widow of the defrocked Olympic gold medalist Jim Thorpe. Mrs. Thorpe buried her husband there in the hopes of restoring his good name; shortly after, Mauch Chunk and neighboring East Mauch Chunk merged to become Jim Thorpe. But mass tourism was not in the cards for Jim Thorpe. The turnpike and the hotel chains passed it by, sparing a charming piece of the past.

Over winding roads laced with runaway truck ramps through a section of amazingly unspoiled Poconos, today's Jim Thorpe suddenly pops into view, a little settlement carved into the hillside, its church steeples reaching toward the sky. The landmarked historic district of Jim Thorpe is compact, a spine of but two main streets rising up the valley. At its foot sits the red-brick Jersey Central Station, a turreted Victorian terminal that has relinquished its gentlemen's waiting room to the tourist office, which stocks reams of information both on the town and on hiking, rafting, and camping sites in the area.

On the tracks outside, imposing black workhorses await riders. A railroad buff named George Hart will crank up his steam engine to chug passengers into the scenic Lehigh Gorge, and in the fall a steam train pulls out of the station for a 32-mile nostalgia excursion through the red-gold Pocono forest.

Directly across from the station, Market Square is a clash of Romanesque, Greek Revival, Victorian, and New Orleans-style buildings. The sober Romanesque courthouse was requisitioned for the trial scene in *The Molly Maguires,* a 1969 movie starring Sean Connery and Richard Harris that dramatized the murderous Mollies' struggle to force the coal companies to improve the wretched conditions of the Lehigh Valley miners. A century earlier, the real Mollies had been sentenced to death at the same site.

From the square, the mishmash of old architecture continues up Broadway. At a bend in the road where views of the mountains and the slate green of Lehigh unfold, Broadway becomes Millionaire's Row, a stretch of some two dozen homes, from restrained Colonials to ornate Victorians, each different and all built with architectural bravado by self-made tycoons in a jumble of what one guide to the town calls "good taste and ornery individualism." Many remain private homes today, though a few have been converted into period B&Bs and restaurants.

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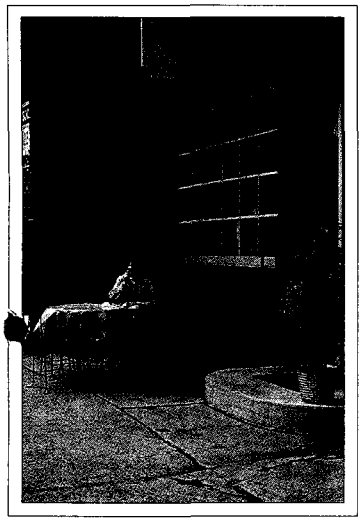
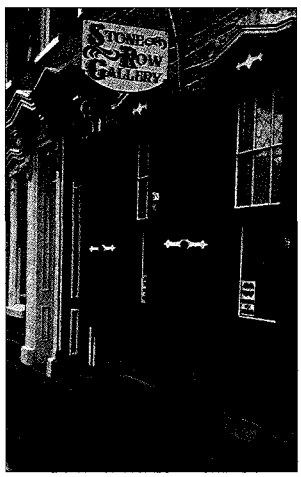


Parallel to Broadway, narrow Race Street (the old millrace once powered the gristmill) seems to have struck an easy peace with tourism. In Stone Row, a string of 16 row houses built of the local grayish stone, and farther down in the small wooden and brick buildings, private homes coexist with an occasional B&B, quiet book shops, a coffeehouse or town house, even a New Age crystal shop.

The Asa Packer Mansion stands aloof from the town on a hilltop perch. Jim Thorpe's most opulent attraction is a grand white Italianate confection with lacy trim and wide sweeping porches. Packer came to Mauch Chunk to captain a canal boat. He stayed to build the Lehigh Valley Railroad, found Lehigh University, serve two Congressional terms, and even run for president. His 20-room house is open to the public, and guides reverently lead tours around the dark, richly carved Gothic interior beset with chandeliers and stained-glass windows. But a rooftop lookout reveals more of Packer's personality than the lavish décor. As the story goes, Packer was forever climbing up there to observe whether his trains were running on time, and promptly drafting a note of termination to any tardy engineer.

Parker's ambitions may have been far-reaching, but the man kept his family close. Next door, he built a wedding present for his son Harry—a spooky Victorian mansion in the Masterpiece Theatre mode. The Harry Packer Mansion is an elegant B&B today, given to staging high tea on the veranda, Victorian balls, and mystery weekends when the "Murder in Progress" sign seems actually quite believable.



From the Packers' landmarked hilltop mansions the scene below is one out of time, the mass of pitched rooftops and spires in Jim Thorpe, and beyond, a white-capped Lehigh and a panorama of green mountains—an old-fashioned jewel that still sparkles today.

Practical Information

Jim Thorpe is located in the Pocono Mountains of northeastern Pennsylvania, approximately 1½ hours from Philadelphia or New York City.

Where to Stay: Harry Packer Mansion Bed & Breakfast, Packer Hill, Jim Thorpe, PA, 717-325-8566. Features Mystery Weekends, Victorian Balls, and High Teas.

Hotel Switzerland, Route 209 and Hazard Square, Jim Thorpe, PA, 717-325-4563.

Victoria Ann's B&B on Millionaire's Row, 68 Broadway, Jim Thorpe, PA, 717-325-8107.

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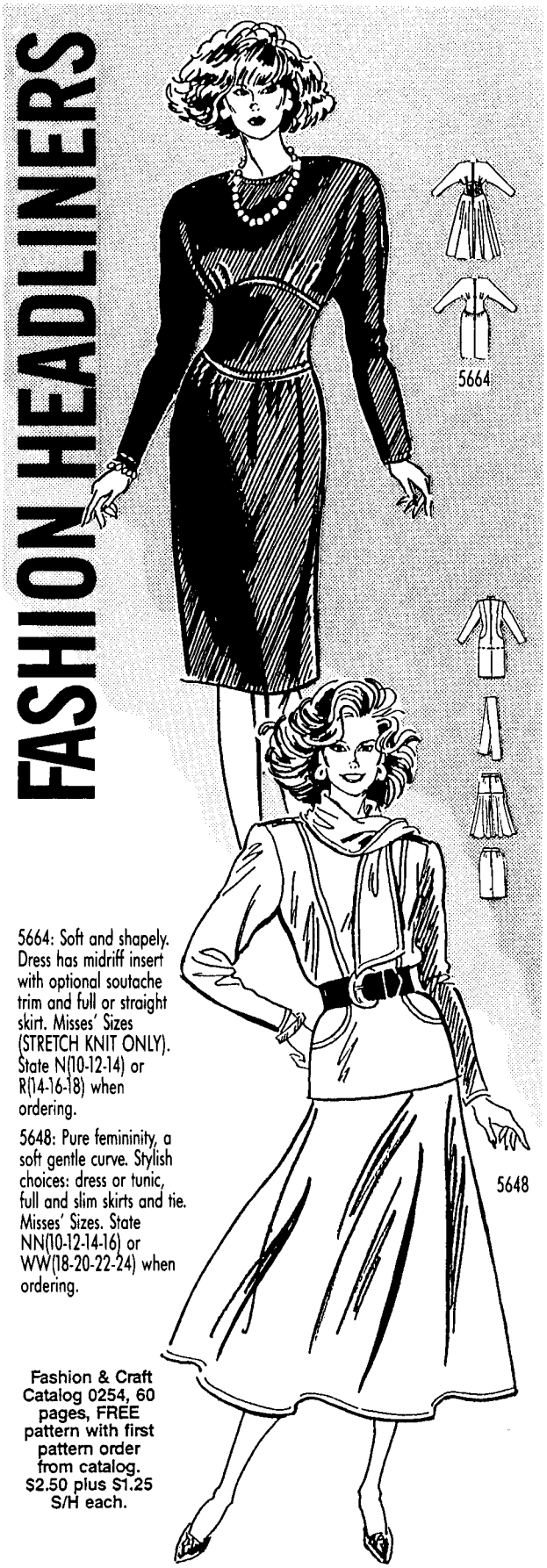

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THE SATURDAY EVENING POST

HEALTH COOKBOOK FOR FAMILY AND FRIENDS

Health Recipes For All Seasons

Cory SerVaas, M.D.
Charlotte Turgeon

New taste-tempting, low-fat, and low-cholesterol recipes.
Healthful menus for spring, summer, fall, and winter, for just the family or for entertaining friends.

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Uninformed Cook or Health Wise Chef?...Kitchen-Tested Cookbook Makes the Difference.

If it's true that "too many cooks spoil the broth," it's equally true that a cook can't have too many cookbooks. Especially a cook who needs a little help when it comes to keeping her (or his) family healthy. And the Saturday Evening Post Society is offering just such help—in a cookbook that answers the question: What healthful foods are safe to serve our family, our friends, our guests?

The book, coauthored by Cory SerVaas, M.D., and Charlotte Turgeon, is a well-chosen, well-tested collection of recipes that combine healthful American ingredients with a French flair, assuring the ultimate in flavor and appeal. Here you'll find saturated fats replaced with polyunsaturated or monounsaturated fats; olive oil becoming a favorite; egg whites or egg substitutes replacing whole eggs; herbs and spices being substituted for sodium chloride; and so on. What it boils down to is that these recipes are up-to-date with the latest scientific findings for good health. And your guests might appreciate knowing that the meal has been prepared with their well-being in mind.

As for some of the superb dishes, they range from Sole in Walnut Sauces and Oat-Bran Banana Muffins to Poached Turkey with Low-Fat Gravy and Chicken-Stuffed Pasta Shells. We'd list more, but you may be stuffed already.

You say you're ready now to buy the *Health Cookbook for Family and Friends*? Sorry, it isn't for sale. But don't throw up your hands in despair. A copy *is* available in return for your support of the Saturday Evening Post Society's continued efforts to research causes and cures of today's most incapacitating and often deadly diseases.

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Just fill out the coupon or the card and mail it to the Saturday Evening Post Society. If you send a tax-deductible donation, your copy of the *Health Cookbook* will be our way of saying "thank you" for allowing us to continue widening our knowledge of diseases we hope one day will be relegated to medical history books.

THE SATURDAY EVENING POST
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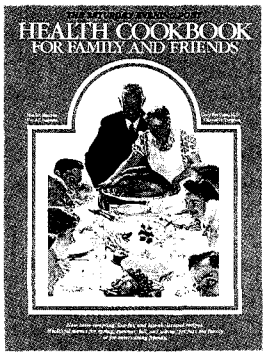

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Purple Moccasion

continued from page 63

dress when she did it.

"Jesse," she said, "you seem to be feeling miserable. I feel sorry for you."

I contrived to tell her that she didn't need to, and that pretty soon I'd go on looking for Jesse James.

"I'll bet you ran away from home," she murmured. But I said it wasn't none of her business if I had.

She asked, "Haven't you got a mother or a sister?"

I told her that I had two sisters and a mighty handsome mother, but that my father had been meaner than Satan, and he had whipped me out, though it was only the third time in my life I had ever been licked. He whipped me because I hit the red cow with a wagon spoke; and he said it wasn't her fault that the milk pail was upset, though I reckoned it was.

"I won't stay around home to be whipped on account of red cows," I cried to Flora Katherine. "And they're all going to feel mighty discontented if I get caught by the Pinkerton men, and get shut up in Stillwater Penitentiary."

But all this time she was looking at me, and her eyes, that had seemed like the eyes of a deer when first I saw her, and like the eyes of an angry tomcat sometime later, were now pitying and motherly; and I let her hang onto my hand as much as she liked, and I wondered what it would feel like to kiss a girl who wasn't your younger sister.

"You can't go wandering off after Jesse James tonight," she said. "Daddy wouldn't let you. You might get caught by robbers, or something."

"No, I wouldn't," I said. "I'd shoot them quick as scat," and I forgot my sadness in opening up my bundle, to show her the pepperbox revolver that Uncle Andrew had given me.

"Why," said Flora Katherine, "it's all rusty! You couldn't shoot robbers."

I was on the point of telling her that someday I'd get that revolver fixed up, and have caps and cartridges for it, when Doctor Samuel Sickles came back to the fire and kicked some ends of charred logs onto the coals.

The flames shot up immediately, and then we could see his face, grave and furrowed and imposing in the red light, and his thin mane of hair curling around his neck.

"Kitty-cat," he said, "Torrey and Gray make no mention whatsoever of the purple moccasin." He had a thick book in his hands, but it didn't look like any Bible I ever saw.

"The ecologists do not suspect its existence," the old man continued, ruffling the pages with his hand. "They list many others, but none resembles it." He closed the book with a bang and went back to the wagon and put the book inside. He blew out the tin lamp, too, which he had left standing on the tailboard with little betty-millers flittering around it. Then he returned to us, and I was standing up by this time, for I had never seen such goings-on in all my born days.

continued next issue

Savannah

continued from page 85

began to face-lift society, Savannahians awoke to the degradation of their once-beautiful city and her surroundings. The first steps were taken to regain quality control over the local air and water.

In 1955 a group of seven women, calling themselves the Historic Savannah Foundation, saved the historic Isaiah Davenport House from demolition 24 hours before it was to see the wrecker's ball. The largest ongoing architectural-preservation movement in the United States had begun. The nonprofit foundation's revolving fund has rescued 21 of 24 squares and more than 1,100 architecturally significant and historic buildings: Regency (highlighted by the Owens-Thomas house and its winding double stairway); Federal; Greek and Classical Revival (its headliner the Champion-McAlpin-Fowlkes house, shaded by yew trees planted at the birth of each McAlpin son); Romanesque; Gothic; Queen Anne; Georgian; and Victorian. Since 1970, the Coastal Marshlands Protection Act and, since 1979, the Shore Assistance Act, have watched over Georgia's fragile coast. In 1974, a major drive began to revive the Victorian District, south of the historic district, with the aim of restoring the area's original beauty without displacing its primarily black residents.

• • •

Savannah today is a gentlewoman, like England at her very best. Spanish moss sways in the Southern breeze, and the city is a living garden. Grander. And a little more equal. In 1990 Savannah's 2.2 square miles of historic district is surely the nation's largest per capita. She is a walker's paradise, a gentle and healthy reminder of what America has been and can be.

"There are no slaves," Oglethorpe would say were he here today, "and the town is beautiful.

"It's just a pity that we've still got hard liquor and lawyers."

Georgia's Golden Isles

To the south of Savannah are found 100 miles of ocean beach formed by unique barrier islands. Between the coast and the islands are a half-million acres of rich, green salt marsh, home to succulent shrimp, blue crab, clams, oysters, elegant shorebirds, and sea turtles. The mix of salt and fresh water fills bays, sounds, inlets, bayous, and sloughs. Much of the area looks as it did when Oglethorpe arrived.

The best-known of the the Golden Isles can be reached by bridge and causeway from the mainland near Brunswick.

•*St. Simons'* resort hotels include the King and Prince Beach Resort on a white sand beach and Sea Palms Golf and Tennis Club. Also here are 54 holes of championship golf and the Avenue of the Oaks at Retreat Plantation. Here as well can be found the ruins of Oglethorpe's well-planned Fort Frederica and the Bloody Marsh battle site.

•*Sea Island* includes the famous five-star, five-diamond Cloister hotel and restaurant. Sea Island Drive's several dozen privately owned luxury homes—Millionaire's Row—form what is called one of the most beautiful streets in America.

•*Jekyll Island* is named after James Oglethorpe's friend Sir Joseph Jekyll. Its ten miles of white beach is dotted with sand dollars, seashells, brown pelicans, and sea turtles. In 1885 several Northern millionaires—Rockefeller, Pulitzer, Morgan among them—purchased the island for $125,000 and formed an exclusive club, which they used as a retreat and private hunting club, well-stocked with deer, quail, pheasant, and wild boar. The club operated until 1942. The original clubhouse has been restored and converted to a hotel, and many of the millionaires' "cottages" are open for tours.

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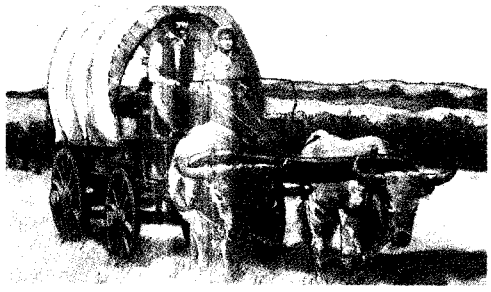
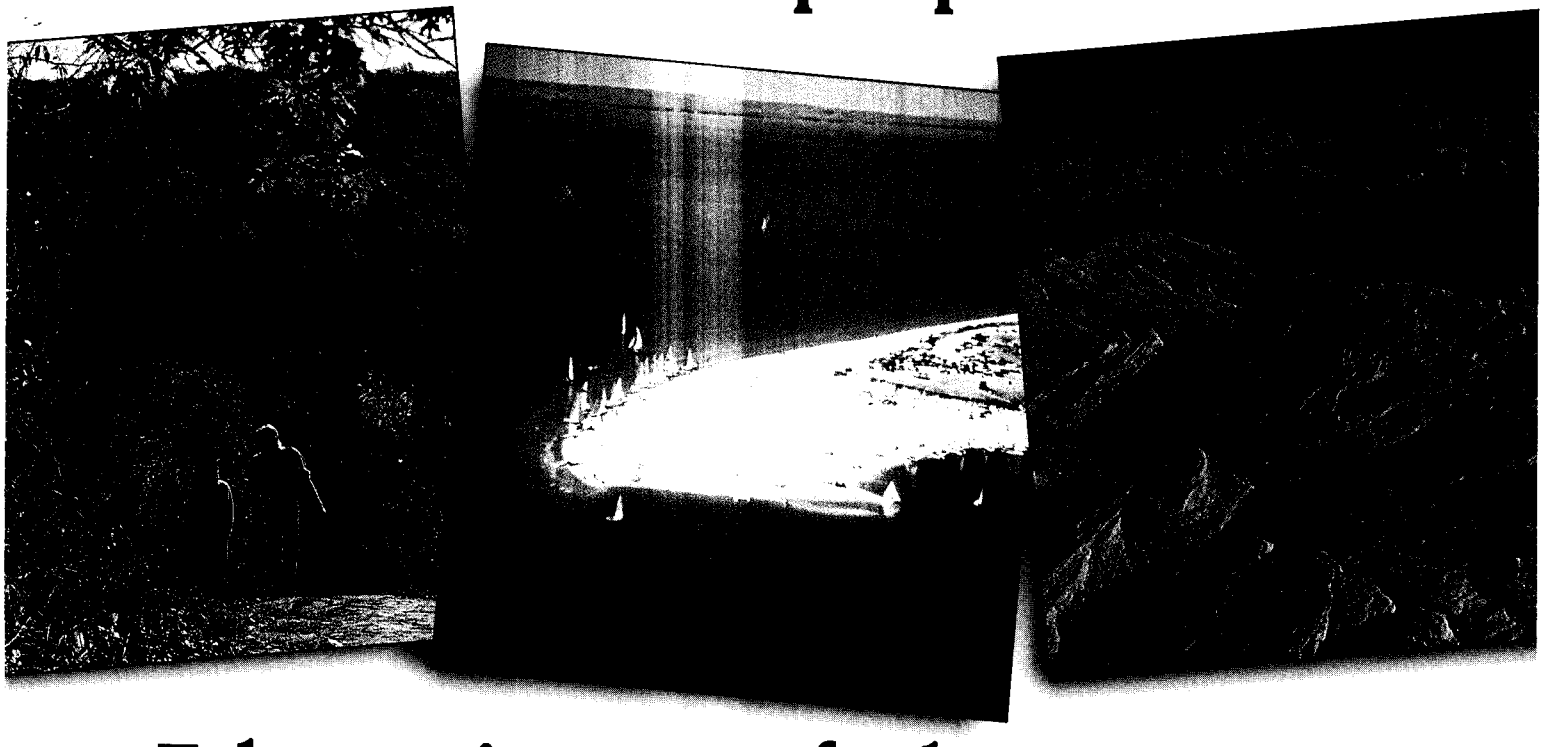


In 1840, pioneers came to Nebraska for the wide-open spaces.



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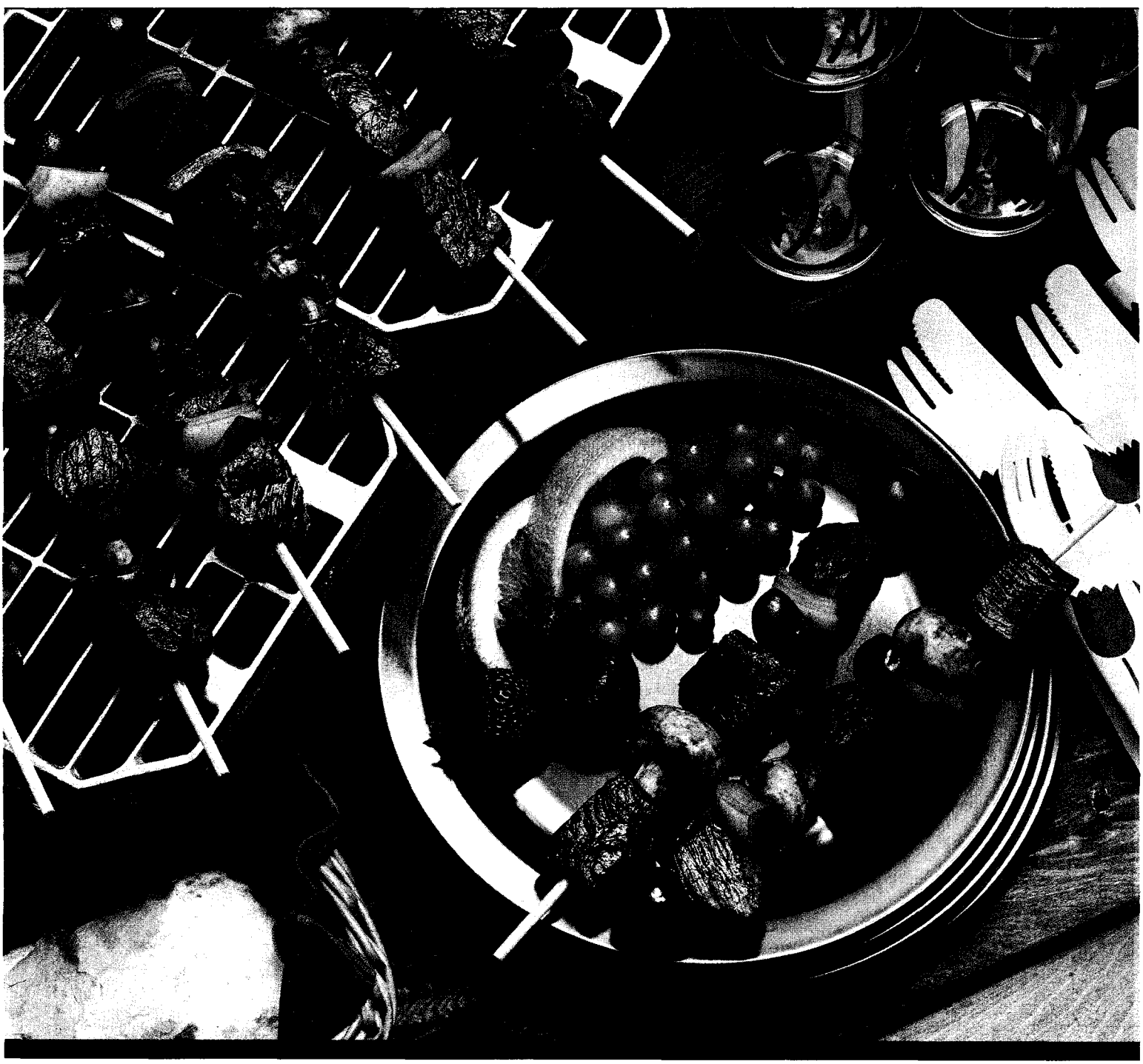
FOOD

VERSATILE LAMB

Lean leg of lamb makes magnificent shish kebabs, and that's just one of the delicious possibilities.

by H. Leigh Davis

Ask almost any chef to name his favorite meat, and some cut of lamb will most likely be the answer. The most succulent of the red meats is also the leanest, and American lamb producers have made new lamb cuts larger and more versatile than ever. Lamb isn't just for feasting on such foreign dishes as couscous and moussaka anymore. Lamb's not a delicacy—it has everyday uses. It can be grilled in healthful and tasty kabobs, ground up as economical



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lamb patties, or added to a pot of stew for a flavor that will leave other meats wanting.

Today's American lamb is also a good source of nutrition. A trimmed three-ounce slice of leg of lamb (the leanest cut) contains 156 calories and three grams of saturated fat. For that, you get 43 percent of the RDA of protein, 74 percent of the RDA of vitamin B_{12} (essential for red blood cells), and high levels of niacin, zinc, and iron as well.

Lamb offers the best of both worlds by combining a domesticated meat with a mild game flavor. Because of its young age (less than one year) true lamb is never tough, and because sheep feed on nothing other than mother's milk and green grasses, lamb is a very pure and easily digestible meat.

Traditionally a springtime entrée used as part of Easter and Passover celebrations, lamb is still prized in European and Middle Eastern cultures. In the past, New Zealand lamb was considered to be the best in the world (it would be impossible to convince a New Zealander or an Australian to trade his lamb chops for steak), and American consumers had to settle for frozen. But today, American lamb offers a milder taste and a fresher meat, at a more reasonable price. (Lamb prices vary a great deal depending upon season and locale, so consult local butchers for the best cut at the lowest cost.)

There are several types of lamb: baby milk-fed lambs less than 3 months old and usually sold whole; spring lamb 3 to 12 months; and mutton more than 2 years old, usually too strong for American palates.

Genuine spring lamb (three to nine months old) is the choice of most Americans. When you choose your cut, look for a fine-textured, pinkish to light red meat. The fat surrounding the meat should be one-fourth to one-half inch thick, brittle, and very white. There should still be some redness visible in the bones. A leg of spring lamb should weigh no more than 6-11 pounds. If the meat doesn't have these qualities, you aren't buying genuine spring lamb, and you'll be disappointed with the taste.

A seven-pound boneless leg of lamb (flavored with the requisite fresh clove of garlic) will require 3½ hours (30 minutes per pound) of roasting in an oven at 325° F. to reach an internal temperature of 160° F. for medium doneness. Lamb is so tender it continues to cook for about 15 minutes after leaving the oven, so anticipate this when checking its doneness.

Vegetable lamb kabobs are ideal for those cooks unfamiliar with lamb. The vegetables keep the dish healthful and simple to prepare, and lamb's naturally spicy flavor works well on its own or with an overnight marinade. These recipes from the American Lamb Council demonstrate the versatility of lamb and dispel any misconceptions about its flavor.

Leg of Lamb Shish Kebabs

(Makes 8 shish kebabs)

2 pounds lean leg of lamb, trimmed of fat and cut into 1" cubes
⅓ cup olive oil
⅓ cup dry sherry
1 teaspoon dried oregano
1 teaspoon salt, if desired
⅛ teaspoon dried ginger
2 tablespoons low-sodium soy sauce
1 clove garlic, crushed
2-3 green peppers, cut into 16 1" squares
16 small onions, parboiled
16 whole fresh mushrooms
16 cherry tomatoes

Arrange lamb cubes in bottom of glass baking dish. In small bowl, combine oil, sherry, oregano, salt, ginger, soy sauce, and garlic. Pour over lamb and refrigerate several hours or overnight. Remove lamb from marinade. Alternately skewer meat and vegetables except cherry tomatoes. Broil 3-4 inches from source of heat 5-6 minutes on each side, or to desired degree of doneness; baste frequently with marinade. Add cherry tomatoes for end garnish.

Lamb Patties

(Makes 4 servings)

1 medium onion, sliced ¼" thick and separated into rings
2 tablespoons canola oil
3 medium zucchini, cut diagonally into ¼" slices
1 medium sweet red pepper, cut into ¼" strips
1 teaspoon dried Italian seasoning
⅛ teaspoon ground black pepper
1 pound ground lean lamb, shaped into 4 patties
½ cup shredded low-fat mozzarella cheese (2 ounces)

In large frying pan, sauté onion rings in oil over medium heat 8-10 minutes, or until soft. Add zucchini, red pepper, Italian seasoning, and black pepper. Cook over medium heat 8-10 minutes, or until crisp-tender. Meanwhile, in another pan, cook lamb patties, uncovered, over medium heat 9-11 minutes. Drain liquid; blot with paper towel. Place vegetable mixture on serving platter and top with patties. Sprinkle with cheese.

Classic Lamb Stew

(Makes 4 servings)

1¼ pounds boneless lamb leg or shoulder, well-trimmed, cut into ¾" pieces
2 cloves garlic, minced
12 pearl onions
1 jar (15 oz.) store-bought or homemade stewed tomatoes, undrained
1 cup Burgundy wine
2 small potatoes, halved and cut into ¼" slices
2 carrots, cut into ¼" slices
2 turnips, cut into ¼" slices
1 stalk celery, cut into ¼" slices
2 bay leaves
½ teaspoon dried thyme leaves
½ teaspoon salt, if desired
¼ teaspoon ground black pepper
1 tablespoon cornstarch
¼ cup water

In large frying pan, sauté lamb, garlic, and onions 20 minutes, or until browned. Drain drippings. Transfer to medium-size stew pot. Add stewed tomatoes with liquid, wine, potatoes, carrots, turnips, celery, bay leaves, thyme, salt, and pepper. Combine cornstarch and water; stir into stew. Simmer 1½-2 hours, or until lamb and vegetables are tender. Remove bay leaves.

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Exercise and temperance can preserve something of our early strength even in old age."—*Cicero*

An Emphysema Victory

Dear Dr. SerVaas:

I'm a 73-year-old lady with emphysema, and I read your article in *The Saturday Evening Post.* This prolastin-A replacement drug for alpha$_1$-antitrypsin for emphysema can only be used for people 30 or 40 years old. Can you tell me why 70- and 75-year-old people can't use it? I have gone to the hospital to take oxygen for three or four days twice a year. And should I ask my doctor if he can get this medicine?

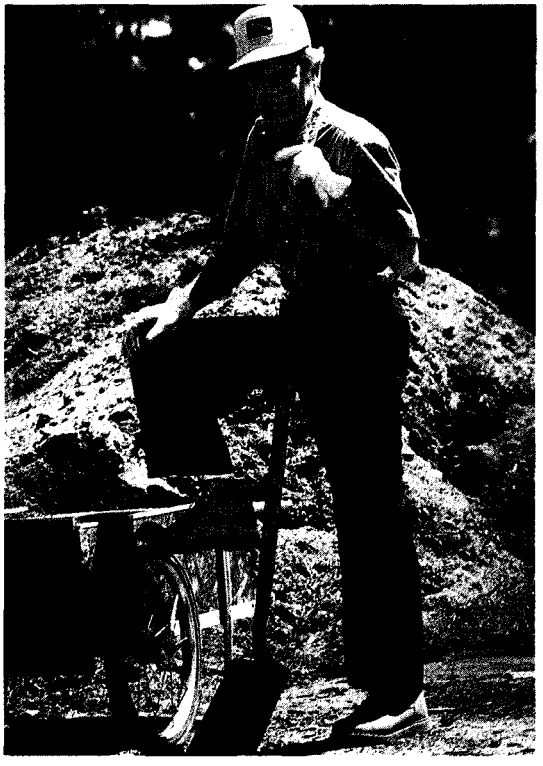
I would like to know what can be done for emphysema. We live on a farm in a very small community. Our doctor is a busy man, but we feel he's very good.

I've been to doctors who call themselves lung specialists, but they really don't tell me anything.

I know my lungs will deteriorate till they are all gone, but I do feel there should be something more for emphysema. I'm very active and exercise as much as I can. Still do my own housework and try a little gardening, even though it takes me much longer than it used to.

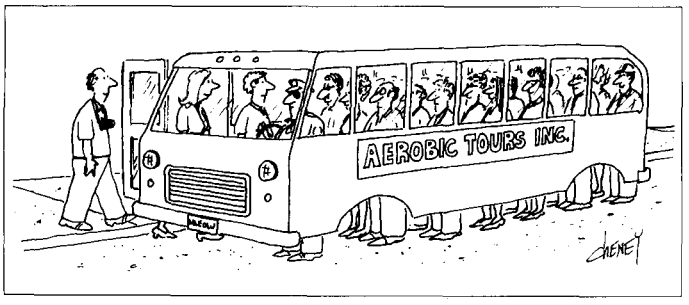
Thank you for your time. I sure enjoy your articles.

Vivien Lester
Roscoe, South Dakota



One year after transplant, Floyd Spence spades his garden with another man's lung power.

Prolastin, the replacement drug for alpha$_1$-antitrypsin, is useful to those emphysema patients whose disease comes as a result of a deficiency of alpha$_1$-antitrypsin. The fact that you are 73 years old would lead me to believe that your emphysema isn't caused by this deficiency. Those who have inherited this deficiency often have severe emphysema at an earlier age and frequently don't enjoy reaching their 70s. But the emphysema that we know as the ordinary garden variety can be just as debilitating in the later years.



You will want to protect your lungs from as much pollution and infection as possible. Flu shots are a must for you too. Every new infection leaves you with a little less lung tissue.

I'm sure your doctor advises you to eat plenty of good nourishing food, even though sometimes it may make you tired to eat. You need high-energy foods because it takes so much more energy for you to just breathe.

The medical profession doesn't yet have the answers as to why some people develop ordinary emphysema as they grow older and others do not. Almost all severe emphysema patients were smokers.

The good news about emphysema is that there is now hope for a double-lung transplant if the disease gets so severe that breathing becomes nearly impossible. We spoke with Rep. Floyd Spence of South Carolina, who wasn't about to be written off after he'd been wheelchaired and put on oxygen 24 hours a day at age 60. He's no longer in a wheelchair, but back in Congress and actively contributing to society. His transplant was done at the University of Mississippi after he had been told by other institutions that he was too old. "The best advice I give everybody is 'Don't give up.' My transplant was done by Dr. Seshadri Raju, who is the product of Christian Medical College, Vellore, India," the congressman said. At that time, Dr. Joel Cooper, one of the pioneers in double-lung transplants, had a cut-off age of 55. (Dr. Cooper now does older patients at the Barnes Hospital in St. Louis.)

Before transplant, Floyd Spence, on oxygen, was confined to a wheelchair.

By the time you find you need a double-lung transplant, these transplants may be available—even to senior citizens like you.

It might interest you to know that a foundation has been set up, called the Floyd Spence Research Foundation, to do research on lung transplants. The Lutheran Brotherhood insurance company will fund it initially, but after that it will depend on individual donations.

In other promising news, the first human tests have begun

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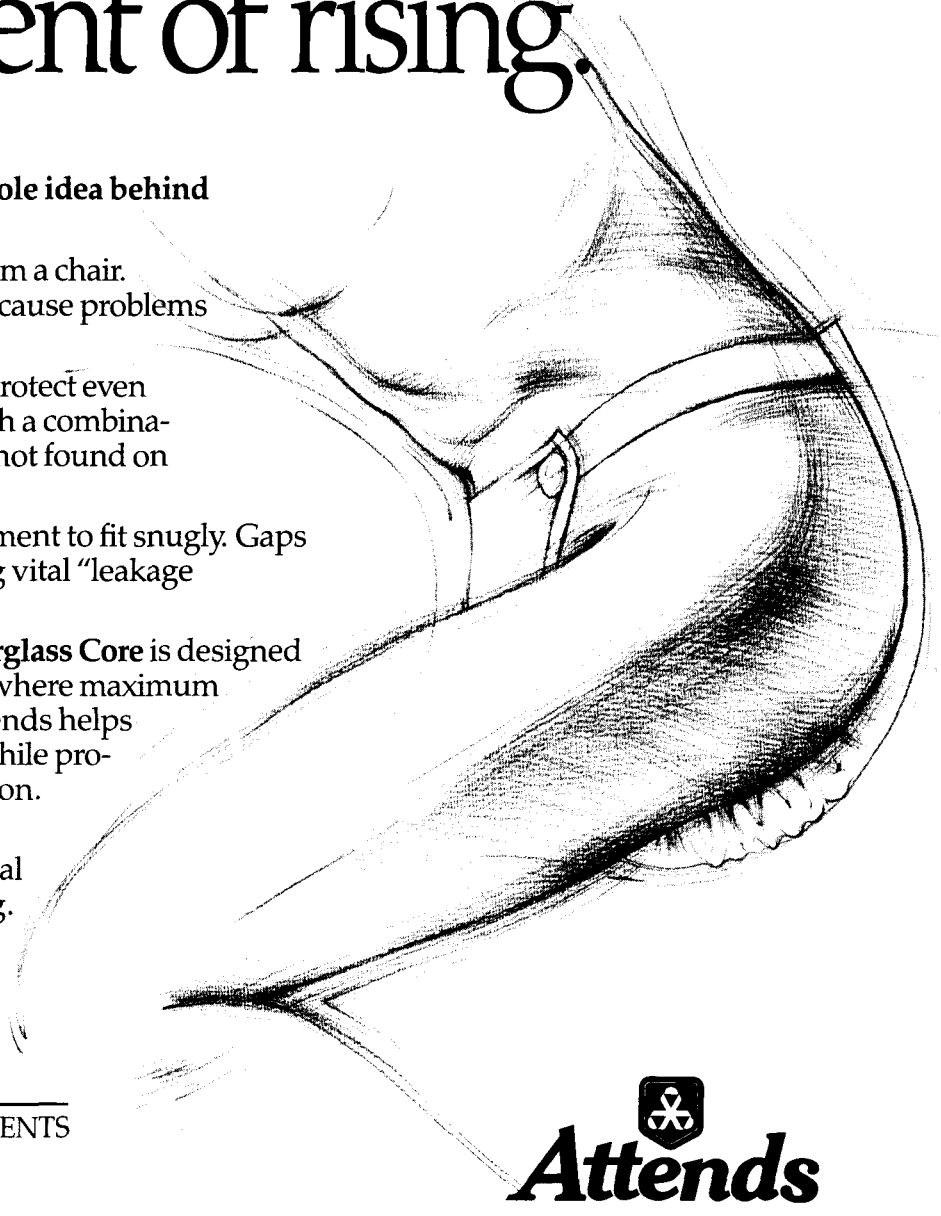

ATTENDS BRIEFS AND UNDERGARMENTS

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PROTECTION IN MOTION

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for the artificial lung. Dr. JD Mortensen at Salt Lake City's CardioPulmonics, Inc., is the creator. Your local physician might want to keep in touch with his progress. The equipment is able to add oxygen and remove carbon dioxide from the blood by means of hundreds of thin-walled hollow tubes made of polypropylene, coated with silicone and heparin (an anticoagulant). Each strand is about two feet long and about the diameter of a human hair. The strands are dotted with tiny pores and allow the exchange of gases with the blood as it passes over the tubes by means of osmosis that pulls oxygen out of the tubes while extracting carbon dioxide from the blood. The tiny pores are too small to permit passage of fluids across the membranes, but gases can be exchanged.

If successful, the artificial lung equipment called IVOX would be a dramatic improvement in the prospects for pulmonary patients in the future.

The artificial lung is not at all like the artificial heart, for which extensive surgery is involved. It supplements the patient's lungs, which remain in place. It is more comparable to the artificial kidney, in which a process known as dialysis filters the blood through a multitude of coils to do the kidney's function of cleansing it. Renal dialysis was used for my mother at age 84, and it extended her life. So you see, even for senior citizens, new technology may come in time to help you.

We're sending you some earlier *Post* emphysema articles you may have missed.

Dust Mites and Asthma

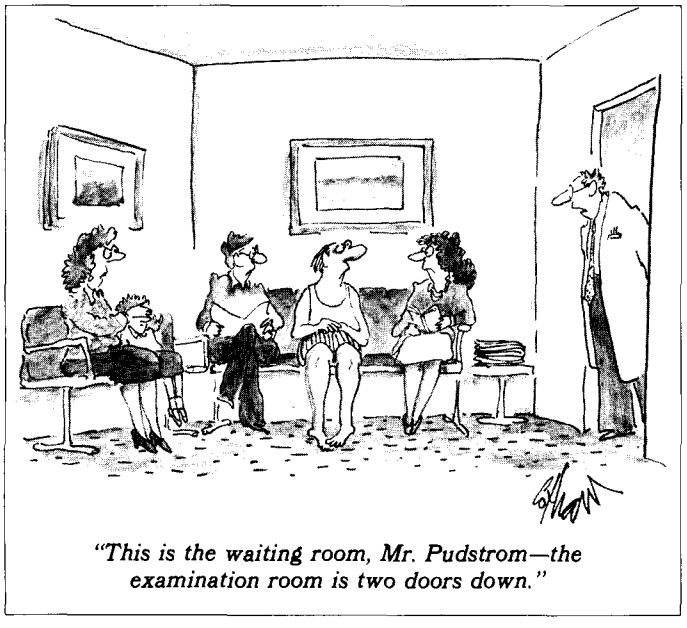
Dear Dr. SerVaas:

My daughter has asthma. She seems to be better when she is at college, worse when she is at home. She is also allergic to house dust and gets a rash, which is worse when she is at home but goes away when she is in Colorado in the summertime.

Have you or any *Post* readers ever heard of this?

Martha Whitcomb
New York, New York

It is not unusual for asthma worsened by dust to improve in college dormitories. Perhaps this is because dormitories often have linoleum instead of carpeted floors. Higher, drier altitudes and country living seem to improve dust-triggered asthma or rashes.



"This is the waiting room, Mr. Pudstrom—the examination room is two doors down."

David Scharf

This dust mite is enlarged about 200 times. Too small to be seen by the naked eye, it lives on shed human skin scales. Its excreted waste particles cause allergic reactions in some.

These are highly magnified particles of house dust on a flat surface. In bedrooms, scales from human skin feed dust mites, whose excreta are the most common allergen in house dust.

House dust is nothing to sneeze at. It has long been recognized as a trigger factor in asthma and more rarely as the cause of skin rashes.

The most important single source of house-dust allergen is dust mites, close relatives of the tick and the spider. These sightless, eight-legged little mites are about one-half millimeter long, not quite visible to the naked eye. Their diet consists of shed scales from human skin. There is a good correlation between the allergenicity of house dust and the content of dust mites. Their waste product particles are the main substance to which allergic people react. These particles continue to cause allergic symptoms even after the mite that produced them has died. Female mites lay 25 to 50 eggs, with a new generation produced every three weeks.

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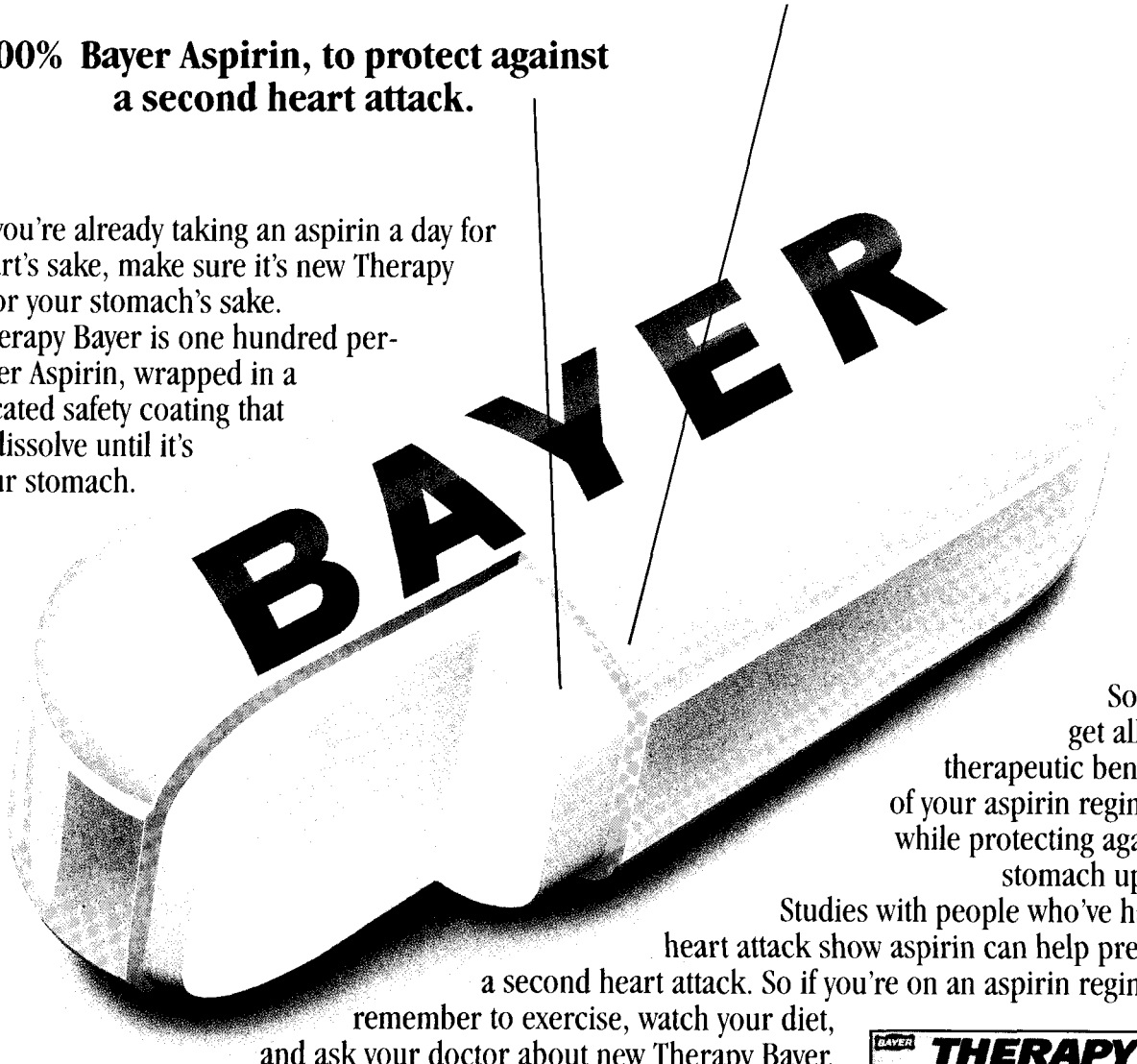

So you get all the therapeutic benefits of your aspirin regimen, while protecting against stomach upset.

Studies with people who've had a heart attack show aspirin can help prevent a second heart attack. So if you're on an aspirin regimen, remember to exercise, watch your diet, and ask your doctor about new Therapy Bayer. It can help your heart and your stomach see eye to eye.

The Wonder Drug That Works Wonders.™

BAYER NEW THERAPY BAYER
SAFETY COATED FOR STOMACH PROTECTION

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It is easy to see why mattresses contain large numbers of living and dead dust mites.

Allergists and dermatologists do skin tests to see if one is allergic to house dust mites. If changes in the home environment don't alleviate the problem, injections of dust mite extract preparations can help desensitize the patient.

Removing the cause of the allergy—especially from the bedroom, where people spend at least one-third or more of each 24 hours—has been found to significantly reduce the frequency of asthma attacks. Although removing the cause may add to daily household chores, products now available make those chores easier and more effective.

Things to do for the asthma patient's bedroom:

- With a humidity gauge, monitor your environment for the low humidity necessary to inhibit dust mite growth. A high relative humidity appears to be one of the most important factors for mite growth. (Indoor relative humidity greater than 45 percent during the whole year is necessary to allow the establishment of a mite population.)
- Try leaving an electric blanket turned on high during the day to dry the humidity and kill the dust mites in the mattress. In research from Denmark, electric heating blankets appeared capable of reducing relative humidity and concentration of house dust mites on mattress surfaces.
- Encase pillows, mattresses, and box springs in zippered flexible vinyl covers that are machine washable in hot water.
- Install room air filters, which can circulate and clean up to 300 cubic feet of air per minute and effectively remove airborne dust particles. Inexpensive tabletop models cannot.
- Clean wood or linoleum floors daily with a specially treated dust cloth and mop cover.
- Because many dust particles escape through the vacuum bag, convert your machine into a clean-air vacuum. Filters can be placed in the vacuum canister, over the exhaust grille. These filters can be cut to size with home scissors and affixed in place with adhesive tape.
- Spray an allergy-control solution on carpets and upholstered furniture to deactivate the allergy-causing substance produced by dust mites, changing it to a form that no longer causes allergy.
- Use a disposable 3M Dust Mask for preventing the inhalation of these dust particles while removing them from the home.

Further suggestions for the bedroom may also apply to other rooms in the house as well:

"It says right on the label: 'Extra High-Pulp Orange Juice.'"

- Keep all clothing in a closet, with the doors shut.
- Use window shades and venetian blinds in place of heavy curtains. If curtains are used, launder them frequently.
- Use plain wood or leather instead of upholstered furniture.
- Wash blankets in hot water every two weeks. Avoid blankets made of wool or down.
- Cover hot-air vents with filters, or close the vents and heat with electric radiators.

Most harder-to-find products mentioned are available from Allergy Control Products, Inc., 96 Danbury Rd., Ridgefield, CT 06877, 1-800-422-DUST.

Wear UV Protection Year-round

Dear Dr. SerVaas:

In regard to a letter in your column in a Children's Better Health Institute health magazine:

I agree that children should wear sunglasses, but please inform your readers that these glasses should not be the children's glasses you see on display in supermarkets and such for $1.99 to $2.99.

I read and was told by a person who used to sell them that these cheap glasses most parents purchase for their children have been found harmful. They impair the proper growth of the retinas in children up to seven years old. So if parents plan to purchase sunglasses for their kids, please inform them to call and ask their eye

Mike SerVaas

Keep good-quality sunglasses or goggles that provide UV protection on children in the wintertime when they ski or play outdoors. The snow reflects the sun's ultraviolet rays. The accumulated radiation causes cataracts in later life.

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doctors which glasses would be best.

If you have not heard about this, Dr. Cory, please call and ask any eye doctor about it.

Christa Carroll
Staten Island, New York

You're absolutely right. Cheap sunglasses that do not provide any protection against ultraviolet rays are worse than none at all. All sunglasses diminish the amount of visible light reaching the eyes, so the pupils dilate or enlarge. This allows even *more* UV radiation to enter the eye than if the sunglasses were not worn at all. We spoke with Dr. Stuart Engelberg, who believes that even everyday eyeglasses should provide UV protection. He was not aware of any danger with inexpensive sunglasses' causing a problem with the growth of the retina.

A Bout with Gout

Dear Dr. SerVaas:

First I want to say your magazine gets better and better. I give several gift subscriptions each year. I read it from cover to cover. I have animals and birds and feed them all. I love to also read questions the veterinarians answer.

I see you on television (44 in Ohio), and I am so glad to hear all you have to say.

Will you write what you can about gout—which foods to eat and which not to eat? What is the cause of gout? Is it an arthritic condition?

Thank you very much. Your magazine is the best; please keep up the good reading. I am not yet too old to learn—when my seven children were all small I could have used it very much.

R. H. S.
Van Wert, Ohio

Yes, gout is a form of arthritis. It is a genetic disorder of metabolism in which uric acid in excessive amounts appears in blood and tissues, causing painful inflammation of the joints. Fortunately, gout is one form of arthritis that can be successfully controlled by diet or medicine.

Gout sufferers experience the pain of gout when crystals accumulate inside the joints. These crystals come from excess uric acid, which often occurs from eating foods with high purine content. By keeping the crystals from lodging around joints, the painful attacks can be minimized.

Foods to avoid include such organ meats as liver, brain, heart, kidney, and anchovies. Such legumes as beans, lentils, and dried peas should also be avoided, and such beverages as beer and wine should be strictly limited. Milk, eggs, cheese, fruits, and green vegetables are relatively low in purines.

One gout drug, colchicine, is the alkaloid from the autumn crocus. Colchicine has been used to treat gout since the fifth century.

The onset of gout in women occurs almost invariably after the age of menopause, and it is strikingly correlated with the use of diuretics, with kidney problems, and with osteoarthritis.

Wait Just A Minute!

Now SPENCO® Microwaveable Moist Hot Wraps give you soothing arthritis pain therapy in as little as 60 seconds.

Portable and convenient Hot Wraps from Spenco deliver up to 30 minutes of moist arthritis pain therapy after as little as 60 seconds in the microwave. Simply apply the Wrap to your aching muscles and joints. Then enjoy penetrating moist heat while the Wrap stays securely in place with its VELCRO* Strap. It's reusable too!

Try a Spenco Hot Wrap today! Don't wait another minute.

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The needle-shaped crystals in the red and navy microscopic photos were taken from the joint fluid of a swollen, gouty-arthritic toe. A bacterial infection positively identified by the small dark spots (green photo) can destroy a joint in 24 hours if not treated with antibiotics.

Gout should be diagnosed by a physician, because it is just one cause of arthritis pain. Some arthritis is caused by bacteria and is treatable by antibiotics. There are more than 100 kinds of arthritis. "If you have it, know what kind." Some are more treatable than others. Senior citizens shouldn't just accept arthritis as a necessary part of aging.

The Boil-ing Sun

Dear Dr. SerVaas:

Along about when I was in my early 20s (married, with two children) and a teacher, I had to have summer work. I got a job as a lifeguard at a large (commercial) swimming pool where I hired the guards and set up a timetable for them to work (at first we worked until the pool closed, about 16 hours a day!).

Of course, we five guards got terribly sunburned. To show you how ignorant I was, when someone told us cocoa butter was good for sunburn, I told one of the guards to get some next time he went home on the weekend. He came back with a package of Nu-Coa (a butter substitute). We smeared it on (the other four guards were ignorant too!) and the sun really fried us.

I broke out in little lumps on my back and suffered from them for years and years. In my 50s I started going to skin doctors (all men), who cut out some and provided various salves, to no avail. Recently, I started going to a woman dermatologist. She looked at my scalp and back and said there are "three on your back which I suspect," and sent the excised specimens to the lab. Two out of the three were skin cancer, and she says the sun did it! I am still going to her, and she has a high batting average, if I may use the term.

Now, when she got the report from the lab, they said [two out of the three were cancer] and that I had Bowen's disease. Do you know about this?

I hope you will run a long, authoritative article on Bowen's disease. I am no expert, only a sufferer. I enjoy the *SEP*—as a boy I sold it!

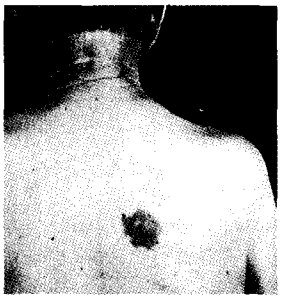
C. R. House
Louisville, Kentucky

Your letter will help remind young people that the worst time to get sunburned is when they are young.

Children who are severely sunburned are more likely to get malignant melanomas in later life. You're fortunate that you have Bowen's instead.

Bowen's disease is a superficial squamous cell carcinoma "in situ"—it is a precancerous lesion of the skin or mucous membranes characterized by small solid elevations covered by thickened horny tissue.

Lesions greater than two centimeters are usually surgically excised or irradiated. At times it is difficult to cure, but in general the prognosis is excellent for small lesions removed early and adequately. Bowen's disease occurs in individuals prone to developing other malignancies, both internal and on the skin. (Your doctor will be on the lookout for these, just in case.) Chemical analysis shows an abnormal concentration of arsenic in these lesions. Bowen's disease is most likely to occur in those of Anglo-Saxon ancestry. It's never too late to go for the sunscreen lotions when in the sun—especially if your complexion is fair.



Bowen's disease: a dry psoriasis-like pinkish patch on the back.

"Where on earth does all your grocery money go?"

Concerning Calcium and Carrots

Dear Dr. SerVaas:

The two concerns stated below have been bothering me for some time. I would appreciate any information available on them.

My doctor has prescribed calcium supplement and hormone therapy to combat osteoporosis. I also eat a high-fiber diet and am concerned about absorption of the calcium if taken with a high-fiber meal. Is there any validity to the premise that the calcium should be taken one hour before eating high fiber or two hours after the meal for maximum use by the body?

Is it true that the body absorbs and uses beta carotene from cooked vegetables easier than from raw ones? Should I eat carrots cooked or raw for better benefit? Or does it make any difference?

Ann G. Allison
Lexington, Kentucky

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Dr. R. P. Abernathy, a professor and head of the Department of Foods and Nutrition at Purdue University, responds:

"Estrogen therapy is often prescribed for postmenopausal women to combat osteoporosis. Several studies have demonstrated the benefits of estrogen replacement therapy. When calcium intake is low, calcium supplements generally are also prescribed. If calcium intake is adequate, i.e., equal to the level of three servings of milk or other dairy products, calcium supplements probably are not necessary. If calcium supplements are taken, it is sensible to take them with meals, because some investigators have found that absorption is actually enhanced when supplements are taken with meals. Little is known about the effects of dietary fiber on the bio-availability of calcium.

"In response to the second part of your letter, cooking actually enhances the digestibility of carrots and increases utilization of beta carotene. Much of the beta carotene is converted into vitamin A in the walls of the intestinal tract when it is released from the foods."

We also discussed your letter with the fiber authority Dr. James Anderson, who responded as follows:

"I would recommend that the calcium supplements be taken with milk and not in conjunction with a high-fiber meal.

"Although high-fiber diets have the potential to alter mineral absorption, long-term studies in healthy individuals indicate no significant alterations in mineral status. We do, however, recommend a therapeutic multivitamin with mineral supplement for persons following a high-fiber diet plan because of the possibility that fiber may alter mineral absorption."

In reference to beta carotene absorption from cooked and raw vegetables, he said, "The literature does not indicate any significant difference in absorption regardless of their state. Of course, vegetables do lose their vitamin potency when heated too long or if boiled in excess water. We recommend steaming or lightly simmering your vegetables for maximum nutritional quality."

Relief at Last

Dear Dr. SerVaas:

I just received my *Post* and noticed the letter on formaldehyde irritant. Please tell this person to contact Dr. H. R. Butler, an allergist in Trenton, Michigan.

I suffer from severe allergies of all kinds and was doctored for years for stomach pain, earaches, headaches, etc., but X-ray after X-ray never showed any problem. Then I went to Dr. Butler because I have severe allergies to perfume and smoke. To my surprise, he found that my stomach pains and earaches were from dairy foods and eggs. What a relief to finally find an answer.

I discontinued all dairy products and eggs, and my pains left. They were so bad that one doctor was sure I had bowel stoppages and I was to call him day or night if I had another attack. A nondairy diet also took care of the headaches, and I feel like a new person.

I wish this person the best of luck.

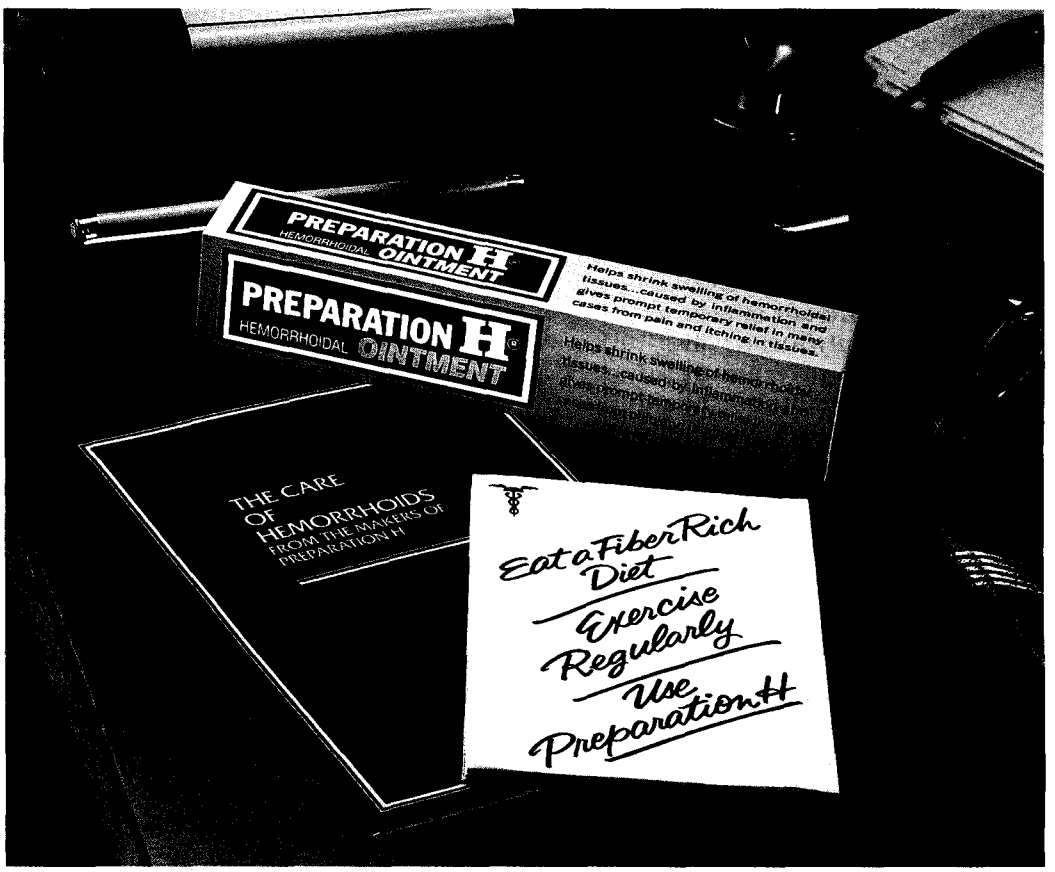
Mrs. William Waite
Grand Rapids, Michigan

"Burning Tongue Syndrome Licked"

Dear Dr. SerVaas:

I am writing in response to the letter from the lady who was suffering from a burning tongue, titled "Formaldehyde Irritant?" [February '90].

I can sympathize with her as I also suffered terribly

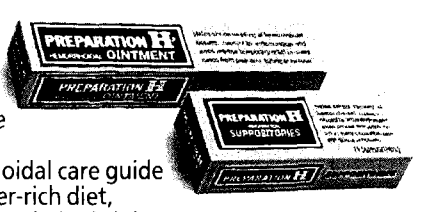


Preparation H.
When your doctor says you don't need surgery.

If the agonizing pain and burning itch of hemorrhoids makes you feel you might need surgery, the very first thing you should do is see a doctor. Most likely, your doctor will tell you that your problem is not that serious and a simple regimen of care can alleviate the problem.

Thousands of doctors distribute this hemorrhoidal care guide from the makers of Preparation H. It advises a fiber-rich diet, regular exercise, and, for flare-ups, Preparation H to help shrink the swelling of hemorrhoidal tissues and often provide temporary relief of pain and itch.

Don't suffer the pain of hemorrhoids or the anxiety of surgery. Consult your doctor today.



Doctor recommended
PREPARATION H
Ointment and
Suppositories.
Use only as directed.

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for a long period of "burning tongue syndrome"; at least that is what several doctors called it. Not only did my tongue burn, but my whole mouth, including my lips, all felt like they were raw and on fire.

After going to my present physician, an eye, ear, and nose specialist, and two dentists, which all told me nothing could be done, I went to a dental surgeon at the Emory University Dental School. He checked me for cancer and took a blood sample. All he could find was that I was anemic. He advised me to get a prescription for vitamins. After taking the B_{12} and iron for about ten days, the burning went away.

I'm a male and about that time I was 60 years of age. The doctors told me burning tongue syndrome was an old ladies' ailment and was not treatable. You can imagine how that made me feel.

Incidentally, I have continued taking a good multivitamin supplement containing the B vitamins and iron.

C. H. Scott
Atlanta, Georgia

Tobacco Sales Immoral

Dear Dr. SerVaas:

Three cheers for your comments on vending machines and cigarette billboard ads in poor areas! [July/August '89]

The government of this country should spend more time correcting the immoral sale of that drug, not just in this country but the subsidizing of it all over the Third World!

When will the knowledge that this destructive drug fills our hospitals, doctors' offices, and cemeteries become so prevalent that fighting the so-called warlords and making this country a laughingstock fall into their proper places? When will the government turn its energies to making tobacco unavailable and illegal, not just immoral?

The efforts of law enforcement to curtail the use and sale of so-called drugs makes most people indignant because those same people smoke or chew tobacco. That hypocritical example defeats their efforts.

I am a grandmother who has spent my life educating my children, especially about the sin of tobacco. Being from Winston-Salem and having a tobacco-raising environment, I speak firsthand on its evils.

Again I thank you for those words against tobacco.

Mary Etta Comello
Sarasota, Florida

Relapsing Polychondritus

Dear Dr. SerVaas:

My brother, who is in his late 50s, has suffered from relapsing polychondritus for four years. Doctors do not seem to know what to do for him, even how to make him comfortable. Through sheer grit he has continued to work, but his days in the work force are numbered.

He has been taking the steroid Prednisone, from as low as 15 milligrams per dose to as much as more than 90, for as long as the disease has been diagnosed. He has also had chemotherapy with the hope that the disease would go into remission. Nothing has worked.

Because he has always been an avid golfer, we wondered if there could be any relationship between his ailment and the infliction resulting from pesticides used on golfing tees.

Any help you could give us in this matter would be appreciated.

Ann Wharton
Lynchburg, Virginia

This is a rare disease of unknown cause characterized by inflammatory destructive lesions of cartilage, principally the ears, nose, trachea, and larynx. It may be associated with other immunologic disorders, such as systemic lupus erythematosus and rheumatoid arthritis, and is usually episodic, affecting males and females equally. The cartilage is painful, swollen, and tender during an attack and can be left permanently deformed. Corticosteroid therapy, such as Prednisone, is often effective.

While we do a computer search of what's new with relapsing polychondritis, perhaps *Post* readers will have some helpful suggestions.

You be the Judge

by Bruce M. Jones

Mrs. Dephew's husband stayed out late at night "on business" so often that she hired a private detective to check up. The detective soon reported that hubby's principal "business" was a blonde. With that evidence, Mrs. Dephew promptly obtained a divorce. Her husband did not object to the divorce or even to paying alimony. But when Mrs. Dephew sought a court order to make him pay the detective who snagged him, he balked.

"That's going too far," he argued in court. "It's against all human princples to make me pay that snooper's fees."

"You forget," Mrs. Dephew asserted, "that a husband must pay his wife's expense, for without the detective I might never have found out about your philandering."

If you were the judge, would you make hubby pay the detective?

The husband did not have to pay. Instead, his ex-wife did. The court held that although a husband must pay for his wife's divorce actions, it would be contrary to public policy to make him finance the cost of detectives to shadow him for divorce evidence.

(Based upon 1921 and 1951 Pennsylvania decisions.)

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5 reasons why most Americans may not be getting enough magnesium

Your body's magnesium can be affected by

1. certain medications
2. a diet too high in protein and fats
3. alcohol consumption
4. age (50 or older)
5. an inadequate intake of magnesium-rich foods

Magnesium is a mineral that is essential in maintaining the heart, kidneys, muscles and bones. If you don't think you're getting enough magnesium for any of the reasons above, you may want to *discuss with your physician* the need for a magnesium supplement.

Remember: Not all magnesium supplements are the same. Slow-Mag® contains magnesium chloride, a slow-release form of magnesium that is reliably absorbed and used by the body. Slow-Mag gives you the magnesium your body needs.

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(magnesium chloride)

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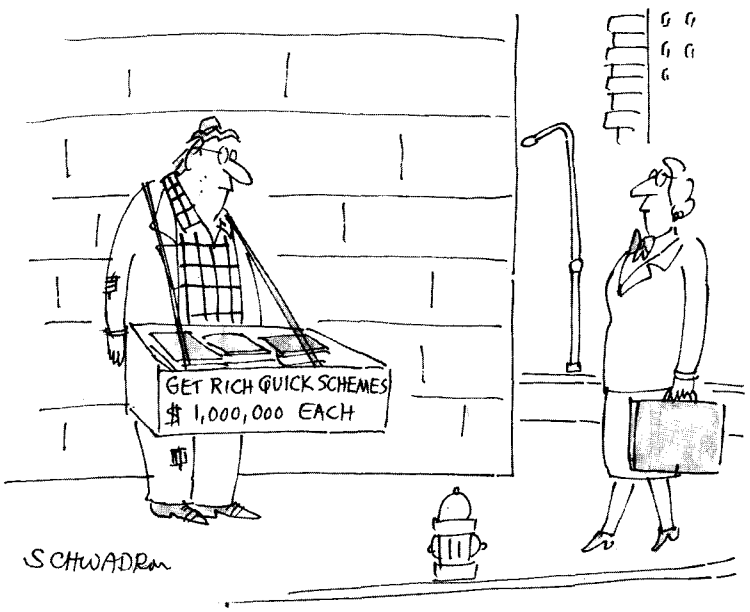
IT'S ONLY MONEY



"The bad news is that the dollar has hit an all-time low—the good news is that nobody seems to have any."

"There are only two things you can count on—death and revenue enhancements."

"I'm from the Pentagon. We simply decided to eliminate the middleman!"

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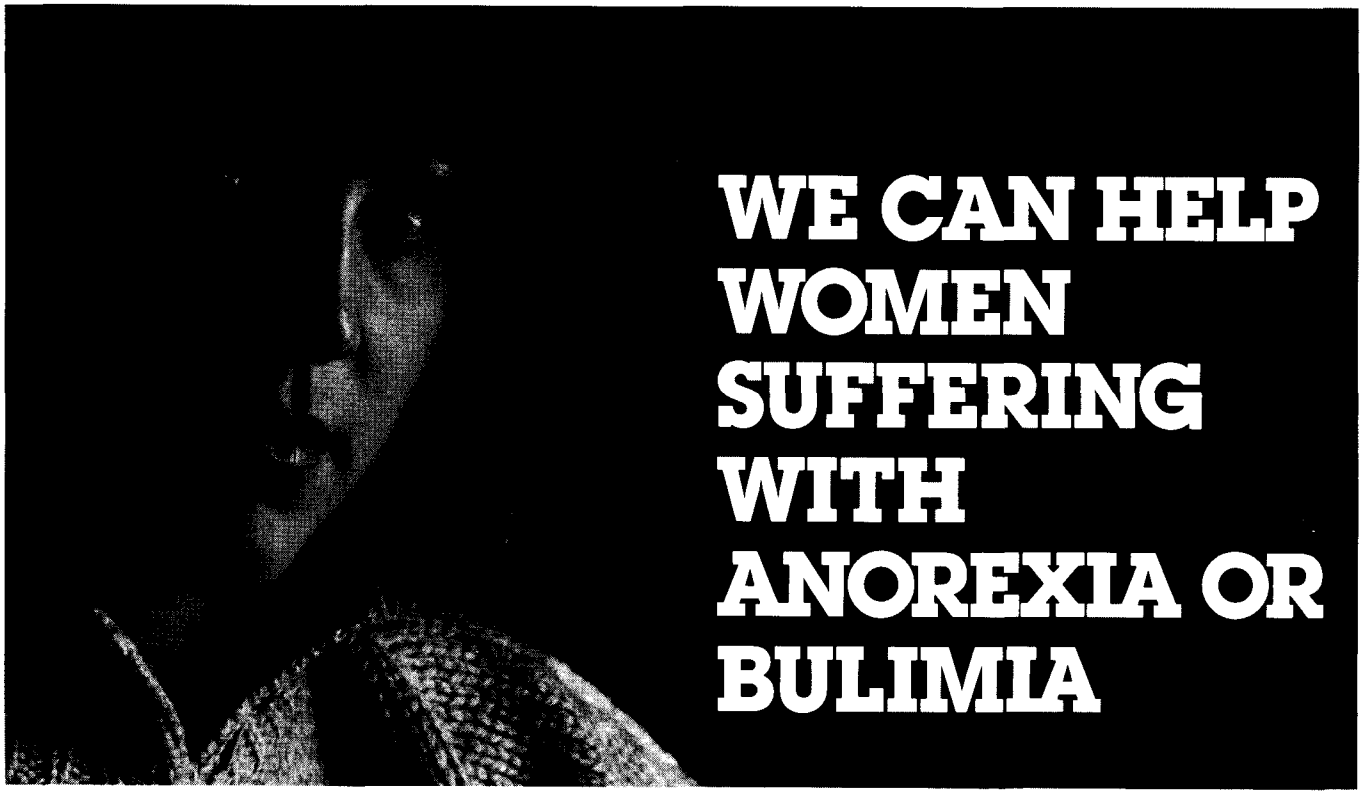

WE CAN HELP WOMEN SUFFERING WITH ANOREXIA OR BULIMIA

New Hope Begins at Remuda Ranch

A SAFE, SECURE, AND CARING ENVIRONMENT. Remuda Ranch is a residential treatment center for women only and is exclusively dedicated to the treatment of anorexia and bulimia. The ranch is significantly different from the institutional focus of traditional hospitals and clinics.

A CHRISTIAN PERSPECTIVE. Remuda Ranch treatment programs provide a balance of physical, emotional, and spiritual emphasis from a Christian perspective, designed to produce a continuing life-style change. Our individualized approach, combined with family involvement, allows each guest to build the confidence necessary to deal with the problems and stresses of everyday life without starving, binging, or purging.

A HIGHLY SKILLED PROFESSIONAL STAFF. Our medical, psychiatric, and clinical program staff prepares each Remuda Ranch guest to return to her family with the courage and determination to live a happy, healthy, and productive life.

A critical part of our continuing commitment to our guests once they have left Remuda Ranch is to maintain a referral program with affiliated professionals around the country who provide our guests and their families with on-going support and treatment.

A RELAXED WESTERN SETTING. Remuda Ranch provides a broad range of activities including a complete equestrian program as an integral part of our individualized therapy. Each guest actively participates in every phase of her own recovery. This active yet casual Western setting is located in the high Sonoran desert of Wickenburg, Arizona, 60 miles northwest of Phoenix.

TAKE THE FIRST STEP. We realize the first step is often the most difficult. It is also the most important! Please take time to call Remuda Ranch now, at 1 (800) 445-1900. Do it for yourself or for someone you know. We will answer any questions you have and we assure you that your call will be kept completely confidential.

Remember, new hope begins at Remuda Ranch.

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James A. Michener

continued from page 70

have a very strong affiliation with the United States."

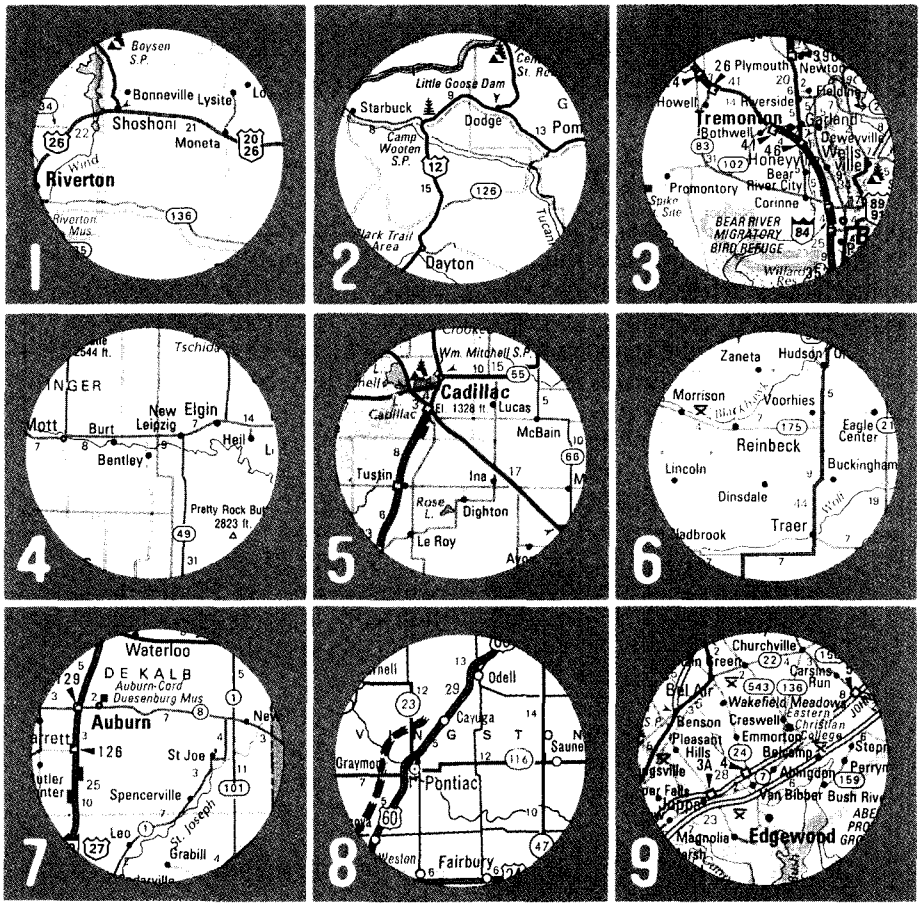
In 1953, Michener tried to adopt two Amerasian children with his second wife. (Mari is his third.) But when the marriage ended in divorce a year later, the younger child, whose adoption processing had not been completed, was returned to the orphanage, and Michener's ex-wife was awarded custody of the older child, who was two years old. Michener doesn't like talking about the episode. "I tried to adopt two children and it didn't work out, unfortunately," he says, then immediately shifts the subject to marriage. "But I think anybody who was having a divorce would have a pretty hard time thinking of themselves as having had an unblemished life of continued success. You just know, in that field, you didn't," he says. "It's as simple as that. You can't kid yourself about it." Asked whether he misses having a family, he changes the topic to his work.

It is, after all, his work that has given Michener his identity. Although it's a cliché to suggest that a writer's books are, in some way, his babies, in Michener's case this seems to be true. Like a nurturing parent, he has donated more than $20 million throughout the years to universities and writing programs nationwide. "I've always been around children," he says. "That's why I work in universities."

The rewards of his work are tangible: appointments by presidents to national boards, including the Food for Peace program under John Kennedy, the United States Information Service under Richard Nixon, and five years serving on the National Aeronautics and Space Administration board.

Looking back, Michener expresses no regret. "I have had a rather curious life," he allows, setting the pencil down. "I would be false to the evidence if I suggested otherwise. Picked out of a little high school in Pennsylvania [for a] four-year scholarship. Picked out of one place after another. First book I ever published won the Pulitzer Prize. Had 12, 13 in a row that were great bestsellers. It's incredible. Incredible."

Michener believes that his sprawling multihundred-page sagas may be behind him. "I think I will go to a smaller format," he says, a playful grin tugging at the edges of his mouth. But he has said that before, after *Texas* and after *Alaska*. And on his desk is a book about the Pennsylvania Dutch country where he grew up. If it's research for another book, it seems an all-too-appropriate coda, Michener's ultimate journey, not outward—to Poland or Israel or South Africa or somewhere—but very much inward, to home. But the big works are behind him, aren't they? "Well," he says, his eyes fastened familiarly on their distant horizon. "I'm sort of kicking it around."



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 111)

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Today's Rising Star

continued from page 47

record, a sterling performance in three of the nation's largest TV markets, and impressive work as a network anchor and reporter—Norville somehow lacked the professional credentials for the "Today" post. She points with pride to her 12 years of solid journalistic experience, beginning with those hectic 12-hour-a-day, seven-day-a-week stints as a student. "When people now say, 'Oh, you had it all handed to you,' I think back to those days when I didn't have a place to sleep, and didn't get a chance to sleep anyway, and I think, 'Well, yeah, right,' " she says sardonically.

Among those who expected her rise

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to the top are her former professors. "There was always something about Deborah that the other students never had," Wise says. "Not just raw talent, but a drive. Most students do just enough to get by, but she did more. She was the kind of person you always knew would be successful." Martin says he never doubted Norville would fulfill her intention to be a network newscaster, and in fact he once predicted to the newswoman Judy Woodruff that Norville would one day be on the "Today" show.

An expert seamstress, Norville sews many of the clothes she wears on camera. She even made the bridesmaids' dresses for her wedding at St. James' Episcopal Church. She is also an accomplished cook who has treated coworkers to homemade cookies and cheese grits. Nowadays she leaves her New York apartment about 4:30 a.m. to go to work. After each day's show, she spends hours preparing for upcoming programs. She reads voraciously—five daily newspapers, the weekly news magazines, several foreign affairs journals. She tries to prepare equally for each guest but says interviews with such people as the President, the Vice President, and cabinet members are particularly difficult because of tight time limits.

Her job is not made easier by the knowledge that what she does could have serious consequences. When she learned that her first interview on "Today" would be with a Soviet arms negotiator, she remembers thinking, "Oh my God. If I ask the wrong question, I could start World War III. That's when the enormity and import of the program hit me. It has such a high viewership and is watched by all the people who are decision makers in this country." Norville would seem to be at another peak in her career. She is famous, rich, influential, happily married—and only 31 years old. Where does she go from here?

"Who knows?" she answers. "If someone had told me a year ago that I would have my current job today, I would have laughed. I've had such wonderful good breaks that I've given up trying to predict where my life is going."

She says she lives by two cardinal rules. One is not to set precise goals, because that can create blinders to other opportunities. The second rule is "no what-ifs." "The only two things in life you can't undo are having a baby and suicide," she says. "Every other act you take in life is rectifiable if it turns out to be a mistake. So why not go for it? Why not give it a shot? The worst thing you can say later is 'If I had done this or that, I wonder what would have happened.' There is only one way to find out."

Reprinted courtesy of the University of Georgia.

Sorting Out Fiber

continued from page 29

increases stool bulk.

Alpha-cellulose, an insoluble fiber sometimes used in supplements, exerts little effect on blood sugar or blood cholesterol levels. Alpha-cellulose can increase stool bulk without increasing water content, making stools harder and more difficult to pass.

Getting Your Fiber In

A number of U.S. health organizations, including the American Dietetic Association, the American Diabetes Association, the Food and Drug Administration, and the National Cancer Institute, recommend that Americans increase their fiber intake to about 25 to 35 grams daily. On the average, Americans now eat only about 13 to 18 grams of fiber daily.

Increase your fiber intake gradually and include a variety of food sources daily. Try to eat at least three servings each of fruits and vegetables and six servings of starches and cereals daily. Use mostly whole-grain products, such as whole-wheat or rye bread or rolls, whole-wheat or rye crackers, whole-wheat pasta, brown rice, and whole-grain cereals.

In addition to these basic foods, emphasize other fiber-rich foods in your diet. Use dried kidney, navy, and pinto beans, as well as chickpeas and lentils, in soups, stews, casseroles, and salads. These foods, good protein sources, can substitute for meat dishes.

Use high-fiber cereals for breakfast and snacks. Oatmeal or oat bran can replace some flour in baked goods, and either can be used as a filler in casseroles, soups, or stews.

As mentioned earlier, some people, particularly those with heart disease or diabetes, may benefit from a higher fiber intake than the general public.

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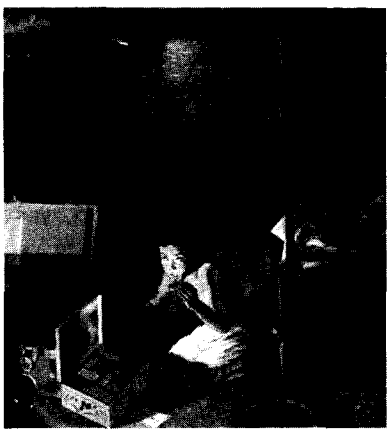
Concentrated fiber sources may complement the positive effects of a high-fiber diet but should not replace one.

If you have difficulty getting all your fiber from food, you may want to use concentrated sources of fiber. Choose one that meets your health needs. Two to three doses of Metamucil daily can lower your cholesterol and aid with laxation and regularity. About four tablespoons (25 grams) of Fibrim soy fiber daily can lower your cholesterol, aid with laxation and regularity, and also help control blood sugar. You can use Fibrim in cooking much the same as oat bran.

Getting adequate fiber is one of the most important dietary steps you can take toward being heart smart. Focusing on fiber will also help you reduce your risk for developing cancer, diabetes, obesity, and high blood pressure—the other leading killers of our time.

Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be from a "one-liner" up to a limerick of five lines. Send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in the next contest. 8″ x 10″ photos are preferred, along with a self-addressed, stamped envelope for return of photo if not used. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by March 30, 1990.



Our congratulations and a check for $100 go to Eric Bartheld, Mystic, Connecticut, for the winning entry in our September 1989 caption contest.

In the shadowy beam of his light,
Tommy finally stole his first bite.
He chewed with great care,
So he'd not have to share
These things that go crunch in the night.

My Music, My Life

continued from page 53

warm. He was kind of a hero.

My mother remarried a couple of years after we moved to Birmingham. She left me with Grandma and Grandpa. I never call my mother "Mama." That was what I called my grandmother, but that's what all Southerners did in those days. When the grandmother raised you, she became your mama.

My grandmother lived and breathed religion. She left the Baptist Church when she decided it was getting too worldly. She then joined the Holiness Church. I was happy she made that choice, because the Holiness Church was more fun.

They had a big band . . . with rhythm instruments. My favorite was the big bass drum. The sister who played it was pretty big, too. One Sunday, I picked up a mallet she had dropped, and started hitting the bass drum with it. My grandmother let me continue. So from then on, I was a drummer. I drummed on pots and pans, chair seats, the front porch railing, the front porch steps. The rest of the family complained, but Mama Louvenia thought I showed real talent.

A big change came for the family around 1919. Mama Louvenia decided it was time to leave Steel City and move north. She picked Chicago, probably because it was one of the most progressive places for the black population.

Chicago

I'll never forget the day that Mama and I left Birmingham. Seemed as if half the city had turned out to see us off. When the train pulled into Chicago the next day, I wasn't impressed with my first views of the city. From the train, you saw the backsides of cities even then.

Uncle Richard (who had preceded us to Chicago) didn't go in for a manual labor job when he got to the North. A much better opportunity

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If you lived where children are hungry—in the Third World or even in the U.S.A.—chances are that a child like one of these really would be yours. And if you had to live surrounded by poverty and disease, there would be little you could do to change their desperate circumstances.

The girls and boys you see here found CCF sponsors recently through a national newspaper appeal. But there are more than 45,000 other children on our waiting list who need sponsors urgently. Many go to sleep hungry. Or sick. Or unable to attend school.

But you can help change all this. You can reach out to a needy child like one you see here. When you do, you'll be giving the youngster hope. And that's what Christian Children's Fund is all about.

To sponsor a child like one of these, please fill out and return the coupon. Or phone (toll-free): 1-800-776-6767. Just give the operator the number (in the photo's upper left-hand corner) of the youngster most similar to the one you want to sponsor. Within 10 days, we'll send you the child's photograph and family background.

There are so many waiting to be helped. Your $21 a month (70¢ a day) will go a long way toward improving a child's life. If one of these children really were yours, wouldn't you want that to happen?

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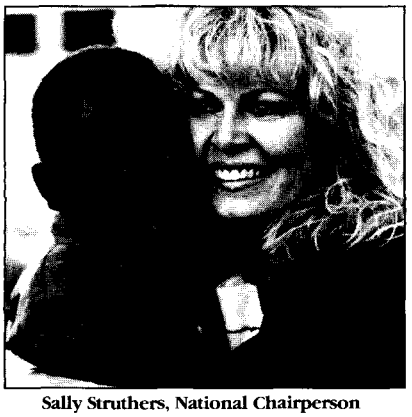
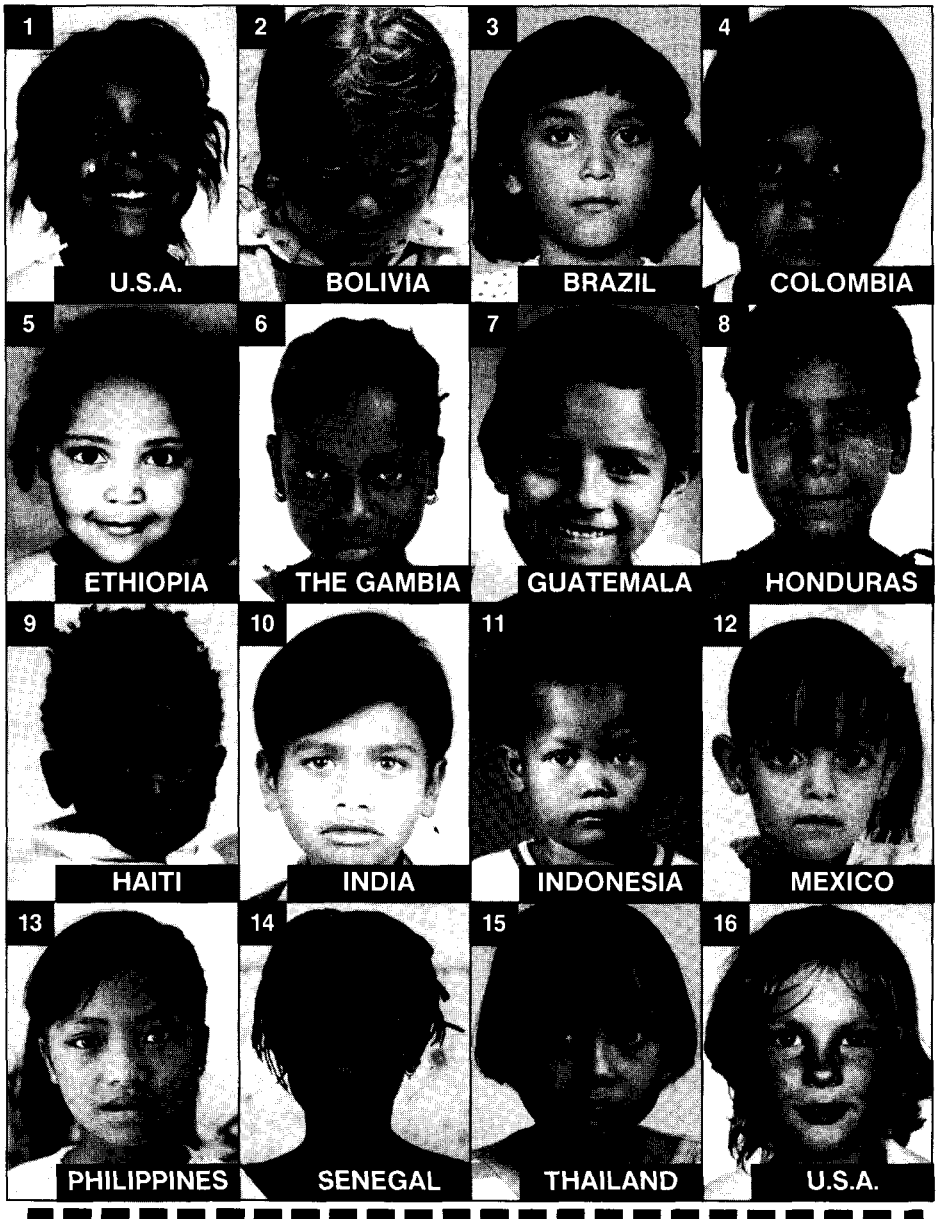


Sally Struthers, National Chairperson



Sally Struthers, National Chairperson
CCF, Box 26511, Richmond, VA 23261

☐ I want to sponsor a ☐ boy ☐ girl ☐ either similar to the child whose photo number is circled at right. Enclosed is my first monthly $21. Please send photo and Sponsor Kit. (To sponsor more than one child, circle additional numbers.)

☐ I want to learn more about the child assigned to me first. If I accept the child, I'll send my first monthly $21 within 10 days. Or I'll return the material so someone else can help.

☐ I can't sponsor a child now but I'll give $ _____ to help poor children.

1	2
3	4
5	6
7	8
9	10
11	12
13	14
15	16

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presented itself in the form of Prohibition. The Volstead Act was passed in 1919, and Richard Morgan saw right away how he could make the much older law of supply and demand work for him by bootlegging.

The bootleg liquor business was really disorganized. Every petty thief was making bathtub gin or passing wood alcohol off as home brew. Richard had the idea of bringing up some real Southern moonshiners to Chicago, guys who knew what they were doing and took pride in their work.

My uncle also had sense enough to look around and see who ran the Chicago underworld businesses. It didn't take him long to figure out that he needed a mob connection, and that was none other than Al Capone. Capone was young then, and not the major kingpin that he later became.

By the time Mama Louvenia and I arrived in Chicago, Uncle Richard had a brownstone house at 2837 Wabash Avenue. It had four floors. There was not much furniture in the main public rooms. There wasn't room for it. Most of the space was taken up by barrels bubbling away with bootleg liquor.

History has proved that Al Capone was the savior of the black musician in those days. His nightclubs alone employed hundreds. I'm proud of that connection, because even though he was a booze peddler, he set the standard that a lot of big clubs run on today.

When I was in the second year of high school, I was with Les Hite's all-teenage band. I was sorry when he went out to California and the band broke up. He promised me and the other guys that he would send for us once he got himself established.

After a while, Les wrote back and told me, "If you come out here, I'll get you a job in a big band." So I got ready the next day, but there were a few details to take care of first. I had to get my grandmother's permission. She didn't give me a hard time. She knew I had to follow my talent.

Hollywood

I arrived in Hollywood with several hundred dollars in my pocket, thanks to Uncle Richard, and the addresses of some Holiness Church families who would let me stay with them, thanks to my grandmother. I went to one of the homes and paid my three dollars a week for room and board for a couple of weeks in advance. Then I got in touch with Les Hite.

His band played every dance and ball and cotillion there was. We did a good ten gigs a week and made the huge sum of $15 a week, plus tips. One night the porter in the men's room at Frank Sebastian's Cotton Club was there, and he heard us and liked what he heard. So the porter tells Frank Sebastian, "I heard a band the other night that was real great. If you want to hear them, I'll set up an audition for you."

So he called Les Hite, and we did the audition for Frank Sebastian, and he *loved* our band. We were a bunch of young cats and we could swing, man. He put on a big show, with beautiful black girls who danced in big production numbers, comedians, and then a big headliner. The Mills Brothers were playing there when we auditioned and got the job in the spring of 1930.

We weren't Les Hite's band any longer. Now we had become Frank Sebastian's Cotton Club Orchestra. He had fancy uniforms made for us, and he decided that the leader and the drummer, Les and I, should wear gray top hats. I thought that was cool.

Louis Armstrong came into the Cotton Club that summer. He really liked me. Right away he took us on a recording session with him at the NBC studio. Sitting in the corner was a set of vibes. Louis said, "What's that instrument over there?" And I said, "Oh, that's a new instrument that they're bringing into percussion, into the drum department. They call it a vibraharp; some call it a vibraphone." I'd never played it, but I'd heard about it, seen it, but just hadn't gotten around to trying it out.

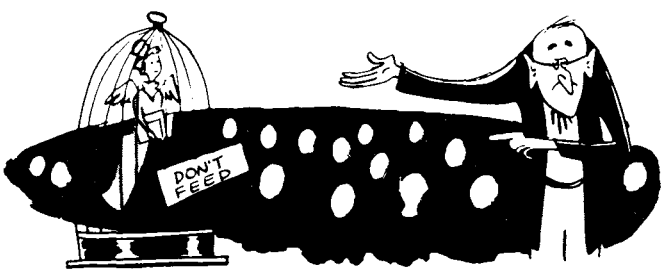
Then the equipment broke down, and Louis noticed the vibraharp again. So he said, "Can you play it?" I said, "Sure." So I looked at it, and it had the same keyboard as the xylophone had. He said, "Pull it out in the middle of the floor and play something on it." So I pulled it out and Louis plugged it in. I played one of his solos, note for note. And boy, he fell for it.

It was after Louis Armstrong left that Gladys stepped in and started acting as a kind of unofficial manager for me. She was taking a real interest in my career. She negotiated such a good salary for me that the other guys at the club asked her to act for them, too. Then Gladys went to work on the issue of billing, and she started urging me to form my own band.

Gladys and I were married in 1936. From the day we met until the day she died from heart failure in 1971 she made all my major decisions.

Life After Gladys

One of the things that kept me going that first year after Gladys died was the plans for the Lionel Hampton Houses. In December 1971, I put on a hard hat and turned over the first spadeful of dirt at the ground-breaking ceremonies for the $13 million complex—355 apartments, 70 percent of them for moderate-income families



The Perfect Squelch

The public meeting of the school board and the town council had been called to discuss the possibility of raising teachers' salaries. But it wasn't getting very far, because one elderly opinionated man persisted in doing all the talking.

He remembered and described all the teachers of his youth and told how happy they had been at their work. He talked at length of the rewards of molding youth. He went into great detail about teachers' vacations, the pleasant surroundings they enjoyed, and their very convenient hours of work. Then, finally, he ended his lengthy speech by saying, "Now I call on our senior teacher, Miss Upton, to respond to the toast, 'Long Live Our Teachers!' "

Miss Upton rose, and her response in full was, "On what?"

—Mrs. W. F. Wood

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and the rest for low-income families and the elderly.

The Lionel Hampton Community Development Corporation already had plans for another housing complex down the block. This one was going to be called the Gladys Hampton Houses. I just wish that Gladys had been alive to see the houses built and carrying her name. I had a special inscription placed on the cornerstone, something I had said often about Gladys: "God gave me the talent, but Gladys gave the inspiration."

I turned 80 years old in 1988. I was still playing music. I spent June, July, and August in the U.S. and Europe with a big band, with a small side trip to Tokyo. I didn't ever intend to retire. Marshall Royal says I'm liable to just topple off the bandstand one night while playing the vibes, and everybody will say, "Well, that's the way he wanted to go."

I'm working on the newest incarnation of jazz right now. I call it Synco-Jazz. It's a new expression I'm putting out. It's syncopated jazz. But it's always jazz. You can put a new dress on her, a new hat on her, but no matter what kind of clothes you put on her, she's the same old broad.

WHERE DO YOU THINK YOU ARE?

(Answers from page 106)

(Theme: cars)

1. Bonneville, Wyoming
2. Dodge, Washington
3. Plymouth, Utah
4. Bentley, North Dakota
5. Cadillac, Michigan
6. Lincoln, Iowa
7. Auburn, Indiana
8. Pontiac, Illinois
9. Bel Air, Maryland

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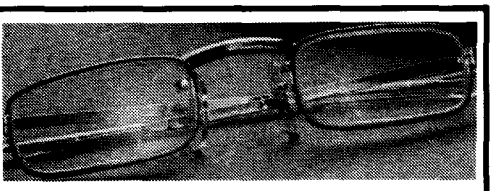

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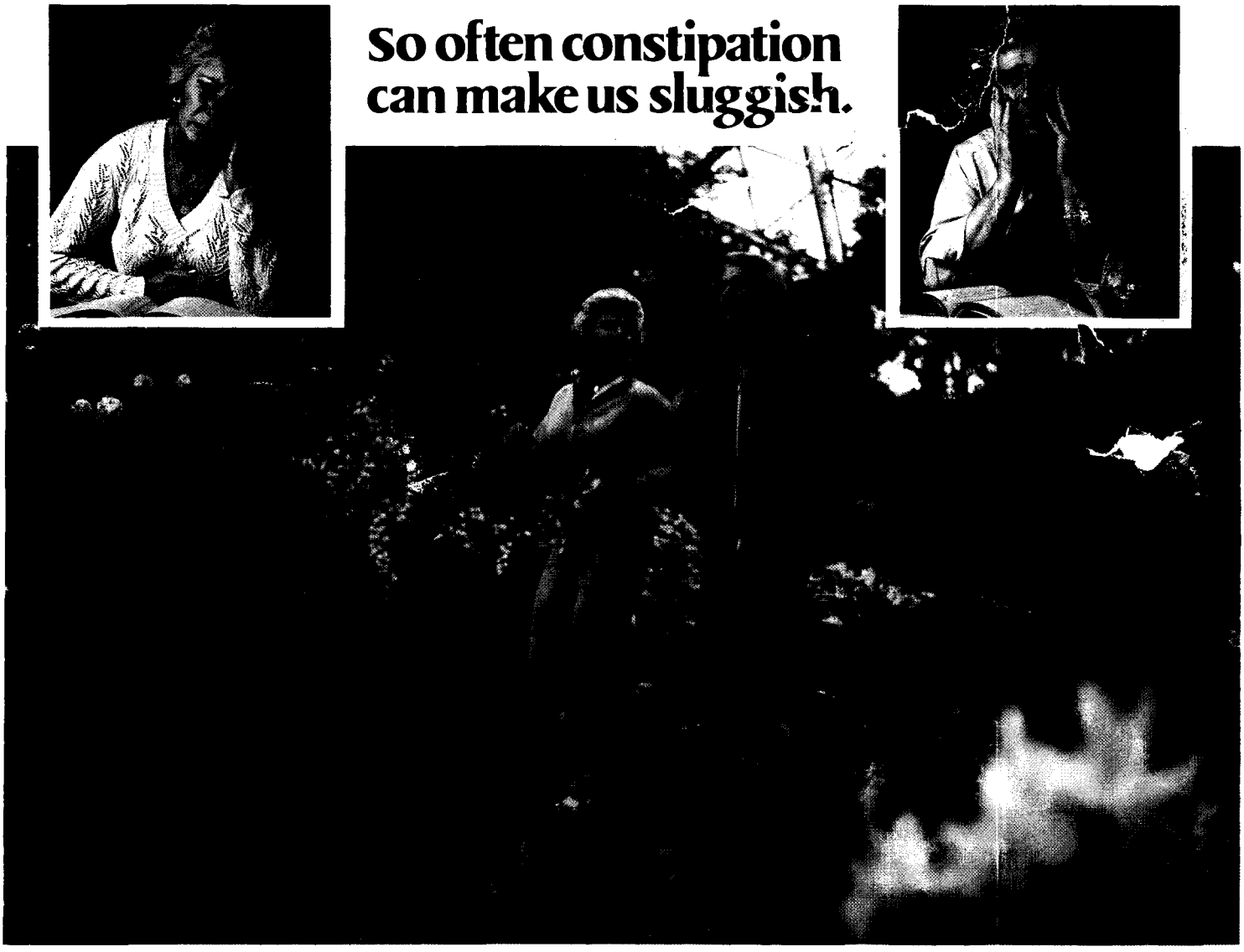

So often constipation can make us sluggish.

Swiss Kriss works gently & thoroughly to restore our carefree, youthful spirit.

Don't punish your body with rastic pills, harsh weakening nthetic drugs and mineral oils. oin the happy millions who iscovered Swiss Kriss, the fficient laxative made from ature's own sun-dried leaves, erbs and flowers. Swiss Kriss the 100% natural laxative iat works smoothly, gently i the lower bowels without omach upset, and is the only ixative recommended by famous utritionist Gayelord Hauser. ake ½ teaspoon or 2 tablets f Swiss Kriss at bedtime Wake up to a great new feeling in the morning. For over 50 years a comfort to millions. You will love the difference!

Swiss Kriss fragrant herbs and flowers come in regular size and economy size packages, and for the busy traveler, we have punched the same fragrant herbs into easy-to-take tablet form. FREE with each package—recipes and beauty secrets by Gayelord Hauser. Available at all drug stores, health and natural food stores, GNC stores and health and nutrition centers.

The 100% Natural Laxative. The Only Laxative Recommended by Gayelord Hauser.

My store is out of SWISS KRISS. Please rush me a box or a bottle. Enclosed is my check or money order in the amount of $3.99 for 120 tablets, or $4.99 for a large economy-sized box of the loose form. **Mail to:** SWISS KRISS, P.O. Box 09398, Milwaukee, WI 53209.

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The cold medicine below is the right one to use with the medicines above.

If you're taking something for your heart, blood pressure or thyroid, you can't be *too* careful about what you take for a cold.

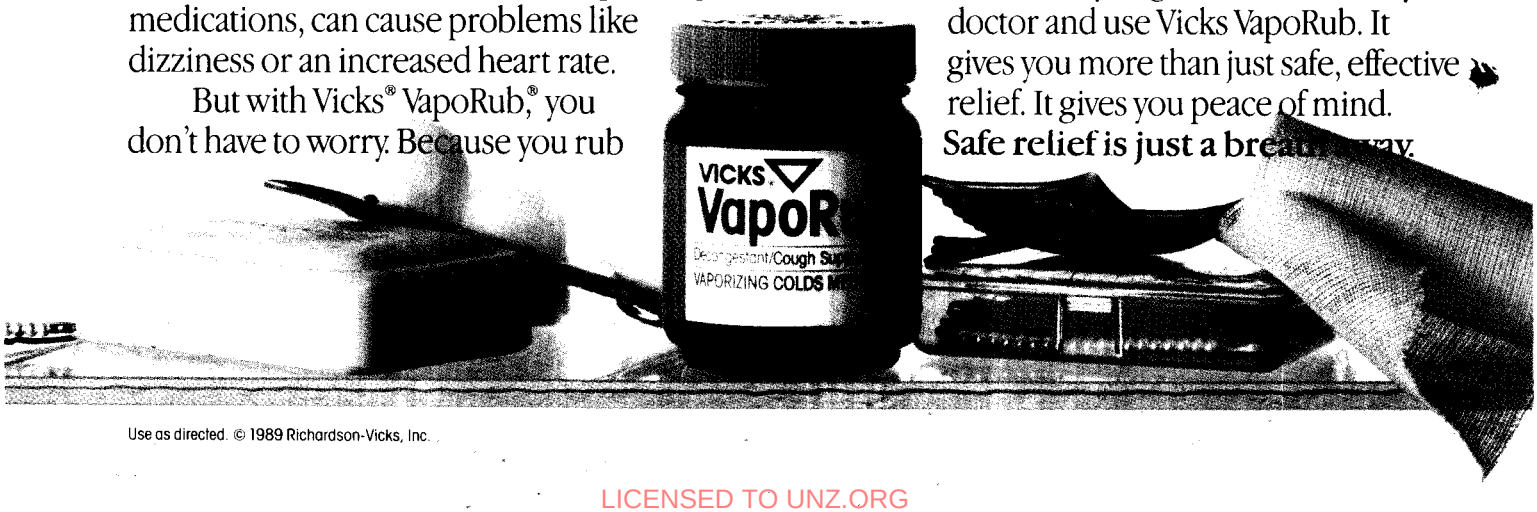
As any doctor will tell you, internal cold medicines, when taken along with prescription medications, can cause problems like dizziness or an increased heart rate.

But with Vicks® VapoRub,® you don't have to worry. Because you rub it on the outside of your body, it won't mix with medicines on the inside, the way pills can.

And VapoRub's medicated vapors relieve congestion just as effectively as a decongestant pill.

So the next time you get a cold, consult your doctor and use Vicks VapoRub. It gives you more than just safe, effective relief. It gives you peace of mind.

Safe relief is just a breath away.



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